



Apple Cinnamon Muffins

Servings: 8

Recipe courtesy of [Prescribe Nutrition](#)

Ingredients

- 5 eggs, organic
- 1 cup applesauce, unsweetened
- ½ cup coconut flour
- 2 Tbsp cinnamon
- ¼ tsp cardamom
- 1 tsp baking soda
- Pinch of salt
- 1 tsp vanilla
- ¼ cup coconut oil
- 2 Tbsp raw honey



What you'll need



Nutrition Facts

Servings 8

Amount Per Serving

Calories 142

% Daily Value

Total Fat 9.9g 13%

Saturated Fat 7.1g 35%

Cholesterol 102mg 34%

Sodium 222mg 10%

Total Carbohydrate 10.7g 4%

Dietary Fiber 2.1g 7%

Sugars 7.9g

Protein 3.9g

Vitamin D 10mcg 48%

Calcium 33mg 3%

Iron 1mg 4%

Potassium 71mg 2%

Instructions

1. Preheat the oven to 400°F and line a 12-cup muffin pan with liners (or grease with coconut oil).
2. Put all the ingredients into a medium sized bowl and mix with a handheld mixer or whisk.
3. Let the mixture sit for 5 minutes.
4. Fill muffin tins evenly and bake for 12-15 minutes or until they begin to brown.
5. Let cool 2 minutes, drizzle with honey and a spoonful of nut butter (if desired) and enjoy.



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