

## **Apple Cinnamon Muffins** (Whole 30, Paleo)

### **Shopping List:**

Yields 8-12 muffins

- 1/2 cup arrowroot flour
- 1/2 cup coconut flour
- 4 large, organic eggs
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tbsp vanilla
- 1 tbsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/4 tsp salt
- 3 tbsp coconut oil, melted
- 1/4 cup unsweetened almond milk
- 1 cup chopped Granny Smith (green) apple

Preheat the oven to 350\* F. Grease a muffin pan with coconut oil or use a non-stick muffin pan.

Mix together the dry ingredients, and then add in the wet ingredients. Using a hand mixer, blend the ingredients together thoroughly.

Wash and peel the Granny Smith apple(s), and dice them up into small pieces or pulse in a food processor. Add 1 cup of diced apples to the muffin batter and stir thoroughly or use your hand mixer on the lowest setting to blend them in.

Fill each muffin container about 1/2 to 3/4 full. You can add more to each container after each compartment is at least half way full.

Option #1: You can add in finely chopped nuts to the batter or to the tops of the muffins before baking.

Option #2: If you do not have restrictions on sweeteners, you can add in honey, agave, stevia, coconut palm sugar, etc. as mentioned at the beginning of this post.

Bake for 15 minutes, checking close to the end using a toothpick as each oven varies. Once the toothpick comes out clean, the muffins are done.