

Apple Spice Muffins (SugarFree)

10 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tin with wrappers.
2. Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
3. Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples

Use pears instead.

Storage

Store at room temperature for 3 days, or freeze up to 3 months.

Ingredients

- 140 grams** Almond Flour
- 28 grams** Coconut Flour
- 3 grams** Cinnamon
- 1 gram** Nutmeg
- 2 grams** Baking Soda
- 2 grams** Sea Salt
- 2** Apple (cored and finely diced)
- 4** Egg (whisked)
- 59 milliliters** Coconut Oil
- 80 milliliters** Unsweetened Almond Milk