

Paleo Apple Muffins (grain-free, gluten-free, dairy-free)

Prep Time: 20 minCook Time: 25 minReady in: 45 min

Yield: 8 muffins

Ingredients

1 1/4 cups (125 grams) blanched almond flour

2 1/2 tablespoons (20 grams) coconut flour

1/2 teaspoon baking soda

1/4 teaspoon salt

1 tablespoon ground cinnamon

1/4 teaspoon ground nutmeg

2 large eggs (50 grams each, out of shell), room temperature

5 tablespoons (70 grams) refined coconut oil, melted (if you use unrefined coconut oil there may be some coconut taste to the muffins)

1/3 cup (106 grams) pure Canadian maple syrup

2 teaspoons vanilla extract

1/2 cup (90 grams) coarsely grated Granny Smith apples

1 1/4 cups (155 grams) Granny Smith apple chunks (about 1/4")

Directions

Preheat the oven to 350°F (175°C). Line a muffin pan with 8 muffin liners.

In a medium bowl, mix together the dry ingredients (almond flour through nutmeg). Set this aside.

In a large bowl, mix together the eggs, oil, pure Canadian maple syrup, and vanilla.

Add the dry mix to the wet and mix just until combined.

Gently fold in the grated apples and then the chopped apples.

Divide the batter evenly among the liners, filling them almost full, and bake for 23-25 minutes or until a toothpick inserted in the middle comes out clean.

Let the muffins cool for 5 minutes in the pan and then remove to a wire rack to cool completely.

Store in an air-tight container at room temperature for 1 day or refrigerate for up to 4.