



Guilt-Free Apple Cinnamon Muffins

Becca Richey

Prep: 10 minutes

Bake: 20 minutes

Makes: 12 muffins

Ingredients:

- 2 green apples
- 1/2 cup grapeseed oil
- 3 ripe bananas
- 2 eggs
- 1 cup all purpose flour, or 1 ½ cups oat flour
- 2 ½ t baking powder
- 2t cinnamon
- ½ t nutmeg

Directions:

- Preheat oven to 350°. Line muffin tins or grease well.
- Peel and grate apples. Cook over stovetop with coconut oil for 5 minutes or until soft.
- Meanwhile, mix the mashed bananas and eggs in a large bowl, set aside.
- Combine flour, baking powder, cinnamon, and nutmeg.
- Add apple and flour mixture to the bananas and stir, being careful not to over-mix.
- Fill muffin tins and bake for 20 minutes.
- Enjoy!

