

GLUTEN-FREE APPLE CINNAMON MUFFINS

Yield: 8 servings

Serving Size: 1 muffin

Prep Time: 5 min

Cook Time: 18 min



Ingredients:

- 1 cup cashew butter
- 2/3 cup unsweetened applesauce
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon (optional)
- Stevia, monk fruit extract, honey or maple syrup to taste*

Method:

1. Preheat oven to 375°F.
2. Coat 8 muffin liners with cooking spray (foil liners work best with no sticking).
3. In a medium bowl, add the cashew butter, applesauce and eggs. Whisk well, or use beaters set to low speed. Add in the vinegar, vanilla extract, baking soda, cinnamon, and sweetener of choice, and mix until combined (don't over-mix).
4. Spoon batter 3/4 full into the liners and bake for 17-18 minutes, or until an inserted toothpick comes out clean.

*The amount of sweetener you use will depend on the type you use. Start conservatively, as these muffins have a wonderful natural sweetness from the applesauce.

Nutrition Info (with stevia)

Calories: 188 | Protein: 6.5g | Fat: 15g | Net Carbs: 9g | Fiber: 1.3g

