

## The BE Well Way - Apple Cinnamon Muffins



Prep time - 10 mins

Cook time - 30 mins

Total time - 40 mins

Serves: 9

### Ingredients

- 1 apple, cored and diced
- 1 cup almond flour/meal
- 3 tablespoons coconut flour
- 3 eggs, whisked
- ¼ cup coconut oil, melted
- 2 tablespoons raw honey
- 1 heaping tablespoon cinnamon (the more the better)
- ½ teaspoon baking soda
- pinch of salt

### Instructions

1. Preheat oven to 350 degrees.
2. Add almond flour, coconut flour, cinnamon, baking soda and salt to large bowl, mix together.
3. Then add your eggs, oil, honey, and diced apples.
4. Mix thoroughly.
5. Place silicone liners in muffin tins, then place batter evenly throughout. The mix gave me 9 muffins.
6. Bake for 25-30 minutes. These guys take a bit of time, but they are totally worth it!
7. Let cool. Then eat them. They're just heaven.