

Apple-Cinnamon Oat Flour Muffins

Prep: 5 min Cook: 20 min Total: 25 min Servings: 12

Calories: 165 Fat: 7g Protein: 9g Carbs: 20g Fiber: 5g

Ingredients

- 2 1/4 cups gluten-free flour
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 2 tsp ground cinnamon
- 1/4 cup melted butter
- 1 cup applesauce, unsweetened
- 1/2 cup BBF Golden Monk Fruit Blend
- 2 eggs
- 1 tsp vanilla extract

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a medium mixing bowl, add eggs, apple sauce, vanilla, BBF Golden Monk Fruit Blend, and salt.
3. Melt the butter and while it's still hot, add the cinnamon to the butter to bloom (this enhances the cinnamon flavor).
4. Add the cinnamon butter to the wet ingredients and whisk until combined.
5. Add gluten-free flour, baking powder, and baking soda. Mix until combined with a spatula.
6. Let the batter sit for 3-5 minutes and scoop into a lined muffin tin until 3/4 of the way full.
7. Optionally, top with diced apples coated in 1/4 tsp of ground cinnamon.
8. Bake in a 400 degrees oven for 5 minutes, then turn down the oven to 350 degrees and bake for another 12-14 minutes. Serve warm with a pat of butter.
9. Enjoy your Apple-Cinnamon Oat Flour Muffins!