

## Applesauce Spice Muffins (Vegan, Grain-free, refined sugar free)

### Dry Ingredients:

- ½ cup coconut flour
- 1 cup of almond flour
- 1 ¼ tsp baking soda
- ¼ tsp Himalaya salt
- 2 ¾ tsp cinnamon
- ¾ tsp ground ginger
- ¾ tsp allspice
- ½ tsp nutmeg
- ½ tsp ground cloves

*Really delicious!*

### Wet Ingredients:

- 4 Tbsp ground golden flax seed, mixed well with ½ cup water (“flax eggs”)
- 7 Tbsp of olive oil or coconut oil
- ¼ cup maple syrup + ½ teaspoon monk fruit powder (or ½ cup maple syrup if you don’t have monk fruit)
- ½ cup unsweetened organic applesauce
- 2 tsp organic vanilla extract

### Instructions

1. Preheat oven to 350F/175C.
2. Stir together all dry ingredients in a medium bowl.
3. Mix together the wet ingredients in a mixer.
4. Add the dry mixture to the wet one and combine.
5. Divide the batter among the cupcake/muffin liners in cupcake/muffin pan.
6. Bake for 20 minutes.
7. Let cool in pan.
8. Refrigerate for 8 hours in a closed container. Yes, 8. (I recommend not eating them straight from the oven as the texture will not be quite right yet. Trust me. We’ve tried. Too many times. 😊)

Makes 10-12 muffins.

*In health,  
Mindy*