

## Grain-Free Apple Flax Muffins

Makes 18

### INGREDIENTS

1 ¼ cups	Flax Seed Meal
2 tsp	Baking Powder
1 Tbsp.	Cinnamon
1 tsp	Nutmeg
½ tsp	Salt
1/3 cup	Sugar or Honey
4	Eggs
¼ cup	Melted Coconut Oil
½ cup	Applesauce
1 tsp	Vanilla
1 large	Apple, chopped
½ cup	Walnuts, chopped

### DIRECTIONS

1. Preheat oven to 350° F. Line or grease muffin tins.
2. Mix dry ingredients. Beat eggs and add to dry mixture along with oil, applesauce, and vanilla. Mix thoroughly. Add apple and nuts and stir to combine.
3. Allow fully incorporated mixture to stand for 10 minutes.
4. Spoon into tins (the batter will be very thick) and bake for 18 minutes or until a toothpick inserted in the center comes out clean.

### Nutrition information per muffin:

100 calories, 9 g carb, 7 g fat, 3 g protein, 131 mg sodium, 5 grams sugar



Hen House Market Nutrition Services