



APPLE PIE MUFFINS

SERVES: 12 (1 muffin each) Prep Time: 25 min. Cooking Time: 25 min.

CONTAINER EQUIVALENTS (per serving): 2 2

FOR FILLING:

1½ cups peeled diced apples
½ cup coconut sugar
½ cup water
1 Tbsp. fresh lemon juice
½ tsp. ground cinnamon
1 dash sea salt (or Himalayan salt)
1½ Tbsp. cornstarch + 1½ Tbsp. water (mix to make slurry)

FOR BATTER:

1½ cups gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
1½ tsp. baking powder
1 tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground nutmeg
½ cup pure maple syrup
½ cup melted ghee (organic grass-fed, if possible)
2 large eggs, lightly beaten
¼ cup unsweetened coconut milk beverage
2 tsp. pure vanilla extract

1. Preheat oven to 350° F; place muffin papers in pan. Coat with cooking spray. Set aside.
2. To make filling, heat apples, coconut sugar, water, lemon juice, cinnamon, and salt in a saucepan over medium heat; bring to a low boil. Cook for 6 to 8 minutes, or until apples have softened.
3. Add cornstarch slurry, stirring constantly; cook for 1 minute until thickened; remove from heat.
4. To make batter, combine flour, baking powder, cinnamon, salt, and nutmeg in a large mixing bowl. Set aside.
5. Whisk together maple syrup, ghee, eggs, coconut milk beverage, and extract in a medium bowl.
6. Add wet mixture to dry mixture, stirring until a smooth batter forms.
7. Add 2 Tbsp. batter to each muffin cup, then add 2 Tbsp. apple filling. Top with another 2 Tbsp. batter.
8. Bake 20 to 25 minutes, or until a toothpick inserted into the edge of muffin comes out clean. Let cool 5 minutes in pan before moving muffins to a cooling rack.
9. Serve warm, or keep refrigerated in an airtight container for up to 5 days, or frozen for up to 2 weeks.

SPECIAL EQUIPMENT:

12-cup muffin pan
Muffin papers/cupcake liners
Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): Calories: 231 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 56 mg Sodium: 90 mg Carbohydrates: 31 g Fiber: 1 g Sugars: 12 g Protein: 2 g

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.