



CINNAMON ROLL MUFFINS

SERVES: 10 (approx. 1 muffin each) **Prep Time: 20 min. Cooking Time: 20 min.**

CONTAINER EQUIVALENTS (per serving): 1½ ½ 1

FOR MUFFINS:

½ cup	coconut sugar
½ cup	unsweetened coconut milk beverage
⅓ cup	pure maple syrup
¼ cup	ghee (organic grass-fed, if possible), melted
1	large egg
1 tsp.	ground cinnamon
1 tsp.	pure vanilla extract
1½ cups	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
½ cup	almond flour
1½ tsp.	baking powder, gluten-free
½ tsp.	sea salt (or Himalayan salt)

FOR ICING:

3 Tbsp. + 1 tsp.	reduced-fat sour cream
3 Tbsp. + 1 tsp.	powdered sugar

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Line twelve-cup muffin pan with muffin liners and lightly coat with spray. Set aside.
3. To make muffins, place sugar, coconut milk, maple syrup, ghee, egg, cinnamon, and extract in blender; cover. Blend until smooth. Set aside.
4. Combine flour, almond flour, baking powder, and salt in a medium bowl; mix well.
5. Add flour mixture to blender; cover. Blend until a smooth batter forms, scraping sides of blender with rubber spatula as needed.
6. Evenly divide batter among prepared muffin cups.
7. Bake for 18 to 20 minutes, rotating pan after 10 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool completely before topping with icing.
8. While muffins are baking, make icing. Combine sour cream and powdered sugar in a small bowl; whisk to blend. Refrigerate until muffins are cool. Top each with 1 tsp. icing.

RECIPE NOTE:

Store leftover muffins in an airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): **Calories: 228 Total Fat: 10 g Saturated Fat: 5 g Cholesterol: 7 mg Sodium: 180 mg Carbohydrates: 34 g Fiber: 3 g Sugars: 21 g Protein: 4 g**

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Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the 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.