



**NOTE:** I have not had success with these as regular-sized muffins! Either use a mini muffin tin, OR do half a recipe, and fill the regular-sized tin only to halfway.

This is an updated version of [one of my most popular recipes](#) for apple cinnamon muffins. The original recipe has no refined sugar. But these updated ones are allergy-friendly: no soy, dairy, gluten, egg, or nuts!

They are super moist and deeeelicious. Enjoy!

## ALLERGY-FRIENDLY APPLE CINNAMON MUFFINS

Makes 18 mini muffins; Good for 6 months and up

### Ingredients

- 1.5 cups (340 g) gluten-free flour (regular flour is fine!)
- pinch of salt



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- 2 tsp (9.5 g) gluten-free baking powder (if GF necessary)
- 2 tsp (9.5 g) ground cinnamon
- 1 cup (237 mL) unsweetened applesauce (or 1 banana)
- 1/3 cup (79 mL) coconut oil (melted)
- 1 banana
- 1/2 cup (118 mL) unsweetened coconut milk (or almond milk)
- 1 large (or 2 small) apple, peeled and grated

## Directions

1. Preheat the oven to 400 F (204 C).
2. Mix the first 3 ingredients (the dry stuff) in a bowl.
3. Mix in each wet ingredient (except the grated apple) one by one, careful to not overmix. Just until it's all incorporated!
4. Stir in the grated apple.
5. Spray a mini muffin tin with nonstick spray.
6. Pour the mixture into the muffin tin.
7. Bake for 25 minutes, until a toothpick or fork comes out cleanly.

## Freezer?

Let them cool completely. Place them into a freezer bag or airtight container, and freeze for about 1 month. To reheat, just place in the oven at 350 F (180 C) for 10 minutes.

- [Spray Pal Review \(Video\)](#)

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