



Apple cinnamon Muffin

Ingredients

- 1½ cups almond flour
- ¼ cup coconut flour
- 1 tablespoon baking powder
- 1½ teaspoons ground cinnamon
- ½ teaspoon apple pie spice
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 large unpeeled Granny Smith apple, chopped (about 1½ cups)
- 2 large eggs, at room temperature
- ¼ cup packed dark brown sugar
- ¼ cup whole milk, at room temperature
- ¼ cup unsweetened applesauce
- 3 tablespoons neutral oil (like canola or avocado)
- 1½ teaspoons vanilla extract
- Cooking spray

Instructions

Step 1: Prep the Oven & Pan

Preheat oven to 350°F. Generously coat 10 cups of a 12-cup muffin tin with cooking spray.

Step 2: Mix Dry Ingredients

In a large bowl, whisk together almond flour, coconut flour, baking powder, cinnamon, apple pie spice, baking soda, and salt until evenly combined and lump-free. Fold in the chopped apple.

Step 3: Mix Wet Ingredients

In a separate bowl, whisk together the eggs, brown sugar, milk, applesauce, oil, and vanilla extract until smooth.

Step 4: Combine & Bake

Pour the wet mixture into the dry mixture and fold gently until just combined—don't overmix. Divide the batter evenly among the 10 prepared muffin cups (about ¼ cup per muffin).

Step 5: Cool & Enjoy

Bake for about 20 minutes, or until the tops are golden and a toothpick inserted into the center comes out clean. Let the muffins cool in the pan on a wire rack for 20 minutes. Run a knife around the edges to loosen and transfer to a rack to cool completely.

