

Dr. Jenn's Gluten Free Apple Muffins Recipe

What you will need:

- 2 cups Dr. Jenn's cake flour blend (separate recipe)
- 1 cup tigernut flour
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 2 apples peeled, cored, and chopped
- $\frac{3}{4}$ cup oil
- 1.3 cup cinnamon apple sauce
- $\frac{1}{2}$ cup coconut sugar
- $\frac{1}{2}$ cup monk fruit sweetener
- 3 eggs, beaten
- 2 tablespoons cinnamon
- 1 tablespoon nutmeg

What to do:

- Preheat oven to 300 F and fill cupcake tin with liners
- Mix flours, baking soda, salt and apples in a bowl
- In a separate bowl mix, oil, cinnamon apple sauce, coconut sugar, monk fruit sweetener, eggs, cinnamon, and nutmeg.
- Combine both bowls and mix until just combined.
- Fill cupcake liners $\frac{3}{4}$ full and bake for 20-30 minutes.