

## Healthy Apple Muffins

Link for credit: <https://thecleaneatingcouple.com/healthy-apple-muffins/>

### Ingredients:

- 2 cups Bob's Red Mill Old Fashioned Rolled Oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 ½ teaspoon cinnamon
- 1 teaspoon ginger
- ½ teaspoon nutmeg
- ¼ teaspoon ground cloves
- 2 eggs
- ¼ cup honey
- 1/4 cup coconut oil melted and cooled
- ½ cup almond milk
- 1 1/2 cup apples peeled and chopped (approximately 2 large apples)

\*\*Tip for vegetarian/vegan: Substitute egg with flaxseed egg, use nondairy milk. If nut allergy, try oat milk, soy milk or cow's milk (if there is no lactose intolerance). If gluten free, use gluten free oats.

### Instructions:

1. Preheat oven to 350° and prepared greased or lined muffin tin.
2. In a blender, pulse oats until they are flour like consistency. Add in baking powder, baking soda and spices. Pulse to combine.
3. In a separate bowl, whisk together eggs, honey, melted coconut oil and milk.
4. Combine dry and wet ingredients in blender. Fold in chopped apple pieces. Do not blend the apples!
5. Pour batter into greased/lined muffin tin, filling ¾ the way.
6. Bake at 350° for 20 minutes until golden brown.

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