

Apple Cinnamon Oat Muffins

Ingredients:

Grains

- ☐ 1 3/4 cup oat flour (certified gluten-free)

Spices

- ☐ 2 1/4 tsp cinnamon

Pantry

- ☐ 2 tsp baking powder
- ☐ 1/2 tsp baking soda
- ☐ 1/2 tsp salt
- ☐ 1/2 cup coconut oil, melted (or butter)
- ☐ 1/2 cup sugar
- ☐ 2 tbsp sugar
- ☐ 1 tsp vanilla

Protien

- ☐ 2 eggs

Produce

- ☐ 1 cup apples, shredded or finely diced (Granny Smith, Fuji, or Gala)

Canned and Jarred

- ☐ 1/2 cup applesauce (plain, unsweetened)