

Apple Cranberry Ginger Muffins

Ingredients:

2 medium apples, cored and chopped

Juice of 1 lemon

1/2 cup fresh cranberries

2 tablespoons honey

5 eggs

1/2 cup coconut flour

1 teaspoon cinnamon

1 teaspoon ground ginger

1/2 teaspoon ground cloves

1 teaspoon vanilla extract

4 tablespoons extra-virgin avocado oil

Directions:

Preheat oven to 400 degrees F. Spray a muffin pan with cooking spray.

Put the apples, lemon juice, cranberries, and honey in a medium saucepan. Add enough water to cover about halfway and bring to a boil. Simmer for about 10 minutes, until apples are broken down. Transfer mixture to blender and blend until smooth. Allow to cool for 10 minutes.

Add the remaining ingredients to the blender and blend on low until mixed well.

Pour the muffin mixture into the pan until the cups are about 3/4 full.

Bake for 15-18 minutes, until a toothpick inserted in the center comes out clean.