

Pumpkin-Spiced Blueberry, Apple, and Walnut Muffins

Prep time: 20 minutes

Cooking time: 30 minutes

Yield: 8 to 12 muffins (2 per serving for breakfast or 1 as a snack)

Ingredients:

1 cup	shredded unsweetened organic coconut
1/3 cup	almond flour
3	large organic eggs
1/2 cup	unsweetened canned pumpkin
1 teaspoon	baking powder
1 teaspoon	baking soda
1 teaspoon	ground cinnamon
1 1/2 teaspoons	pumpkin pie spice
1/8 teaspoon	sea salt
1/3 to 1/2 cup	coconut sugar or 1 to 2 teaspoons stevia
2 tablespoons	almond butter
1 cup	organic blueberries
1/2 cup	organic walnut pieces

Directions:

Preheat the oven to 375°F.

Line the cups of a muffin pan with paper liners.

Put all the ingredients in the bowl of a stand mixer or in a mixing bowl. Mix at medium speed or by hand until well combined.

Using an ice cream scoop, evenly distribute the batter among the cups in the prepared muffin pan.

Bake until the muffins are nicely risen, well browned, and a wooden toothpick inserted into the center of one comes out clean, about 30 minutes.