

# Ageless Woman Living

*Coaching women toward greater balance of body, soul & spirit*

## **Grain-Free Snicker Doodle Muffins**

### **Ingredients:**

- 1/4 Cup plus 2 Tablespoons Coconut Flour
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Baking Soda
- 3 Eggs, lightly beaten
- 2 Tablespoons Raw Honey
- 1/4 Cup Melted Extra Virgin Coconut Oil
- 1/2 Teaspoon vanilla
- 1/4 Cup plus 2 TB Coconut or Almond Milk
- 1/2 Tablespoon Apple Cider Vinegar
- Cinnamon to Sprinkle
- Monk Sugar in the Raw to Sprinkle
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### **Preheat oven to 375°F – Bake for 20 minutes**

- Combine coconut flour with salt and baking soda in a small bowl.
- In a larger bowl, mix eggs, melted honey and coconut oil, with a whisk.
- Add raw honey, melted coconut oil and vanilla to egg mixture and whisk until combined.
- Add dry ingredients to wet and mix until combined into a batter. Batter should be thick enough to hold unto an upside down spoon without quickly falling off. If too runny, add 1 teaspoon of coconut flour at time until batter is stiffer.
- Pour batter into greased muffin cups or tin, filling 3/4 full. You can layer sprinkled cinnamon and monk sugar in the raw in the middle and/or top of the uncooked batter.

Bake for 20-22 minutes or until cooked through middle and starting to turn (golden on the edges and top. (

**Serves: 6 Muffins** (Approx. 160 Calories, 9g Carb, 3.5g Protein, 12g fat per muffin)