



Cinnamon Bun Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

2 tbsp agave nectar
1 tbsp cinnamon
1 tbsp grapeseed oil

1 cup blanched almond flour
2 tbsp coconut flour
½ tsp baking soda
¼ tsp celtic sea salt
¼ cup grapeseed oil
¼ cup agave nectar
3 eggs
1 tbsp vanilla extract

Instructions

Cinnamon Topping

1. To make cinnamon topping, combine agave, cinnamon and oil in a small bowl
2. Set mixture aside

Muffin Mixture

1. Combine almond flour, coconut flour, baking soda and salt in a medium bowl
2. In a large bowl blend together oil, agave, eggs and vanilla
3. Blend dry ingredients into wet and scoop a scant ¼ cup at a time into lined

muffin cups

4. Spoon topping onto muffins
5. Bake muffins for 8-12 minutes at 350°
6. Cool muffins for 2 hours then frost