



# 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
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muffin cups

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