

Gluten Free Apple Honey Mini Muffins

Double recipe for 24 mini-muffins

Ingredients

1 apple, peeled, cored and chopped
2 tablespoons orange juice, fresh squeezed
1 cup creamy roasted almond butter
¼ cup honey
2 eggs
1 tablespoon vanilla extract
2 tablespoons cinnamon
½ teaspoon sea salt

1. In a food processor combine apple, orange juice and almond butter and pulse until well blended
2. Pulse in honey, eggs, vanilla, cinnamon (yes, 2 tablespoons) and salt
3. Put paper muffin liners in mini muffin tin and scoop approximately 1 tablespoon of batter into mini-muffin pans
4. Bake at 350° for 12 to 16 minutes. [Watch carefully! Everyone's oven is different and it may take more or less time.]
5. Let cool.

Recipe modified from Elana's Pantry

=====

Apple Honey Cake

Ingredients

3 eggs
¾ cup honey
½ cup white sugar
¼ cup light brown sugar
1 ¼ cup canola oil
1 ½ tsp vanilla
3 cups all purpose baking flour
1 tsp baking powder
1 tsp baking soda
1 ½ tsp cinnamon
¾ tsp salt
¼ tsp allspice
Dash of ground cloves
4 Granny Smith apples - peeled, cored, and shredded

1. Preheat oven to 325 degrees F. In a large mixing bowl, beat the eggs until they are frothy. Whisk in the honey, white sugar, brown sugar, oil and vanilla.
2. In a separate medium mixing bowl, sift together the flour, baking powder, baking soda, cinnamon, salt, and spices.
3. Incorporate the flour mixture into the liquid, stir to blend. Fold in the shredded apples.
4. Line a cupcake tin with cupcake papers. Fill each paper about ¾ full with batter. Bake muffins for about 15-20 minutes until a toothpick inserted in the center comes out clean. [Watch carefully, everyone's oven is different, it might take more or less time.]
5. This will make about 48 mini muffins.

Recipe modified from The Shiska in the Kitchen