

# Cinnamon Bun Muffins

*This is a well-loved recipe from my website, and I actually have two versions: this one using coconut flour and another using almond flour. Both are good, but the coconut flour recipe seems to be just a bit more popular. I couldn't imagine not including it in this book.*

## MUFFINS

- $\frac{1}{2}$  cup coconut flour
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon sea salt
- 4 eggs
- $\frac{1}{2}$  cup SCD Yogurt (page 24)  
or dairy-free milk
- $\frac{1}{2}$  cup honey

## CINNAMON TOPPING

- 2 tablespoons ground  
cinnamon
- $\frac{1}{4}$  cup honey
- 2 tablespoons unsalted  
butter, ghee (page 28), or  
coconut oil, melted

- 1 Preheat your oven to  $350^{\circ}\text{F}/175^{\circ}\text{C}$ . Insert nonstick muffin liners into the wells of a muffin tin.
- 2 For the muffins, combine the coconut flour, baking soda, and salt in a bowl and blend well.
- 3 Add the eggs, yogurt, and honey, using an electric mixer or blending well with a whisk. Make sure no clumps of flour remain.
- 4 Fill the muffin liners about  $\frac{3}{4}$  full with batter.
- 5 In a small bowl, blend the topping ingredients together. Drip topping over each muffin. Some will sink into the batter, and you can use a toothpick to poke topping into the batter to spread it around.
- 6 Bake for about 20 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Serve warm; or let cool, cover, and store for a few days at room temperature or for a week or so in the refrigerator.

*Makes 8 muffins*

*tortillas ca*

*make easier to make place wax  
these eggs to make just ab  
can use them to make 136.  
use also use (page 136)  
make fish tacos*

*Quick Tip*  
*If you don't have enou*

*Whites (about  
1 cup egg whites)  
1/2 cup butter. gl  
1/2 cups coconut o  
1/2 cup plus more for  
1/2 cup dairy-free milk  
1/2 cup of coconut v*

*1/2*

*1/2*

*1/2*

*1/2*

*1/2*