



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Egg (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

Nutrition

Amount per serving	
Calories	183
Fat	14g
Carbs	7g
Fiber	5g
Sugar	0g
Protein	7g
Cholesterol	93mg
Sodium	207mg
Potassium	40mg
Vitamin C	0mg
Calcium	122mg
Iron	2mg
Vitamin D	21IU
Folate	12µg
Vitamin B12	0.2µg
Magnesium	4mg
Zinc	0mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!

Notes

Storage: Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size: One serving is equal to one muffin.

Likes it Sweet: If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.