

Healthy Cinnamon Muffins

Description

These muffins are fluffy and delicious.

Prep time: Five minutes

Cook time: Fifteen minutes

Total time: Twenty minutes

Servings: 20

Ingredients

- 1/2 cup of almond flour
- 2 scoops of vanilla protein powder
- 1 teaspoon of baking powder
- 1 tablespoon of cinnamon
- 1/2 cup of preferred nut or seed butter of choice (such as peanut butter, almond butter, etc.)
- 1/2 cup of pumpkin puree
- 1/2 cup of coconut oil

For glaze

- 1/4 cup of coconut butter
- 1/4 cup of milk of choice
- 1 tablespoon of preferred granulated sweetener
- 2 teaspoon of lemon juice

Instructions

1. Preheat the oven to about 350 degrees F, then line a 12-muffin tin with muffin liners.
2. Mix the dry ingredients and wet ingredients in a bowl until well combined. Pour the batter into the muffin tray and transfer to the oven.
3. Bake for about fifteen minutes until a skewer inserted in the middle comes out clean. When ready, let it cool for five minutes in the pan, then transfer to a cooling rack to cool.
4. Prepare the cinnamon glaze by mixing all glaze ingredients. Drizzle the glaze over the muffin tops and let it firm up.