



Ashley's Meal Prep Monday!



Paleo Apple Crumb Protein Muffins

INGREDIENTS

- 3 cups almond flour
- 1/2 cup tapioca flour
- 1/2 cup unflavored collagen or protein powder
- 2 TSP baking powder
- 2 TSP apple pie spice (I ended up using pumpkin pie spice)
- 1/2 TSP salt
- 1/2 cup maple syrup
- 1/4 cup light olive oil/avocado oil/melted coconut oil
- 2 eggs
- 2 cup finely chopped green apple (I used Honeycrisp)

Crumb Topping:

- 1/2 cup almond flour
- 2 TBSP tapioca flour
- 1 pinch salt
- 1 TBSP maple syrup
- 1 TBSP oil (melted butter or coconut oil works)
- 1/4 TSP apple/pumpkin spice

Preheat oven to 375 and line a muffin or spray with non stick spray OR use a silicone muffin tin.

In a medium bowl, whisk together the almond flour, tapioca flour, protein powder, baking powder, salt, and apple/pumpkin spice. Add the maple syrup, oil, and eggs until well combined. Gently fold in the chopped apples.

For the topping, combine the almond flour, maple syrup, oil, and apple/pumpkin spice in a small bowl and mix until it forms a crumbly texture.

Spoon the muffin batter into the tins, filling each cup all the way full. Top each muffin with a generous amount of the crumble mixture.

Bake for 15 minutes, then without opening the oven, reduce heat to 350 and bake another 15 minutes. Let the muffins cool in the tin for about 5 minutes before transferring to a wire rack to cool completely.



Recipe: wholefoodfor7.com

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