

APPLE CINNAMON MUFFIN



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	15 gm fresh whole egg	1 (-1.0 gm)
	7.8 gm Bob's Red Mill® almond flour	1.7 (-1.7 gm)
	3.1 gm Bob's Red Mill® soy flour	1 (+0.5 gm)
Fat	15 gm butter, softened	3
	2.8 gm mayonnaise	1
Carbohydrate	10 gm apple, fresh without skin, chopped	1.3
Other	4 gm erythritol	
	1/8 tsp. ground cinnamon	

DIRECTIONS

- Preheat oven to 350° F.
- Weigh the ingredients using a gram scale.
- Chop the peeled fresh apple into small pieces.
- In a small bowl, combine all of the ingredients until smooth.
- Grease a muffin pan or silicone mold with nonstick cooking spray.
- Pour the batter into the muffin mold, then place in the preheated oven for 30-35 minutes until firm.
- Remove from the oven and allow to cool.

VARIATIONS

- The apple can be substituted for other carbohydrates such as mashed pumpkin, banana, sweet potato, etc.
- The almond flour may be substituted with additional soy flour; the soy flour may be substituted for additional almond flour.
- If erythritol is not available, other artificial sweeteners such as liquid stevia or liquid saccharin can be used.