
Sugar-Free 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)

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
- 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 and contains 183 calories with 7 grams of carbs, 7 grams of protein and 5 grams of fiber.

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