

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

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