

PALEO MUFFINS

**Gluten-Free Paleo Muffin
Recipes for a Paleo Diet**



By John Chatham

Includes
**BLUEBERRY MUFFINS,
BREAKFAST MUFFINS,
APPLE MUFFINS,**
and more!

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Recipes for a Paleo Diet**



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ISBN: Print 978-1-62315-069-9 | eBook 978-1-62315-097-6

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INTRODUCTION

Piping hot and deliciously decadent, muffins are without a doubt one of the tastiest baked confections on the planet. Depending on what you bake into them, muffins are great for breakfast, with tea, as a midmorning snack, or as a scrumptious dessert. Sister to the cupcake, the muffin often appeals to those who prefer something with just a bit of sweetness, but without the decadence of icing and filling. Since they're easy to hold and are made in single-serving portions, they're also popular with those constantly on the go.

Unfortunately the muffin doesn't generally favor a healthful, low-calorie diet, and since it typically contains white sugar, processed and gluten-rich flour, and additives like chocolate chips, most diets, including the Paleo diet, typically forbid them entirely. That is, until now.

You see, the reason your standard muffin makes the no-no list for healthful eaters is precisely because it contains the trifecta of bad foods: white sugar, processed flour, and bad fats. All of these contribute to such diseases and disorders as heart disease, diabetes, celiac disease, and obesity. It's no coincidence that these conditions—known as “diseases of excess”—are almost completely exclusive to individuals following the Western diet. But what if you start tweaking the recipes so that good ingredients replace the bad?

That's exactly what was done to the recipes in the following pages. Many people simply aren't willing to give up the scrumptiousness of muffins in the name of good health, so this book does the only other feasible thing: it provides ways to make muffins that are actually healthful additions to a Paleo diet. Some of our favorite gluten-free muffins: Paleo Blueberry Muffins, Paleo Banana-Nut Muffins, and of course, the delicious, nutritious Paleo Pumpkin Muffin.

In the pages to come, you'll learn how to make Paleo breakfast muffins as well as muffins that are great for snacking or desserts. Included are a wide variety of recipes so that no matter what your preferences and favorite flavors are, you'll find something you adore. Without further ado, let's make some muffins!

SECTION ONE

Gluten-Free Paleo Muffins

- **Chapter 1:** Breakfast Muffins
- **Chapter 2:** Fruit and Vegetable Muffins
- **Chapter 3:** Dessert Muffins



BREAKFAST MUFFINS

Paleo Blueberry Muffins

Think you have to give up your morning blueberry muffin just because you've gone Paleo? Think again. These moist muffins bursting with tender and juicy blueberries will satisfy your craving for a coffee shop muffin without the guilt that usually accompanies it. Freeze them for a quick breakfast or sweet treat anytime you want.

- 2 1/2 cups blanched almond flour
 - 1 tablespoon coconut flour
 - 1 teaspoon baking soda
 - 1 teaspoon sea salt
 - 1 teaspoon cinnamon
 - 1 stick unsalted, grass-fed butter, softened
 - 1 cup pure maple syrup
 - 2 large eggs
 - 2 cups unsweetened applesauce, preferably homemade
 - 1/4 cup unsweetened almond milk
 - 1 tablespoon pure vanilla extract
 - 1 cup fresh or frozen blueberries
-

Preheat oven to 350 degrees F.

Combine the almond flour, coconut flour, baking soda, salt, and cinnamon in a large bowl. Stir and set aside.

In a mixing bowl, beat the butter with the maple syrup, and add the eggs, beating separately with each egg.

On low speed, add the applesauce, followed by the almond milk and vanilla.

Add the flour mixture, and beat on low until just combined. Carefully fold in the blueberries. Stir gently until well combined.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Paleo Morning Muffins

Looking for something quick and healthful you can grab as you head out the door? These morning muffins will do the trick. Filled with healthful ingredients like dried fruit and nuts, they are a much better choice than the carb-heavy muffins you may get at the donut shop on the way to work. They also freeze extremely well, so just heat them up and go.

- 1/2 cup unsweetened applesauce, preferably homemade
 - 2 tablespoons coconut oil, melted
 - 1 tablespoon fresh lemon juice
 - 1/2 cup unsweetened almond milk
 - 1 large egg
 - 1 teaspoon pure vanilla extract
 - 1 cup blanched almond flour
 - 1/4 cup coconut flour
 - 1 tablespoon cinnamon
 - 1 teaspoon baking soda
 - 1/2 teaspoon sea salt
 - 1/2 cup unsweetened coconut flakes
 - 4 dried apricots, chopped
 - 2 tablespoons raisins
 - 2 tablespoons walnuts, chopped
-

Preheat oven to 350 degrees F.

Put the applesauce, coconut oil, lemon juice, almond milk, egg, and vanilla in a bowl, and stir well to combine.

In a separate bowl, whisk together the almond flour, coconut flour, cinnamon, baking soda, and salt. Pour the liquid into the dry mixture, and stir until just combined.

Fold in the coconut flakes, apricots, raisins, and walnuts.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Paleo “Bran” Muffins

While these don't actually contain any bran (bran, also known as “wheat” bran, is the outer bran of the wheat stalk, and not gluten-free or Paleo friendly), flaxseed and molasses give them a similar dark color, texture, and flavor of your favorite coffeehouse bran muffin. This means these include no wheat or refined carbs. Instead, you're getting something delicious, good for you, and as filling as traditional bran muffins but without the wheat belly that comes with it. Try these plain or with Paleo-approved jam for an easy and healthful breakfast.

- 1/2 cup blanched almond flour
 - 1/2 cup ground flaxseeds
 - 2 tablespoons coconut flour
 - 1 teaspoon baking soda
 - 1/2 teaspoon sea salt
 - 1 tablespoon natural almond butter
 - 3 large eggs
 - 2 tablespoons molasses
 - 1 small ripe banana, mashed
 - 1/2 cup unsweetened almond milk
-

Preheat oven to 350 degrees F.

In a large bowl, combine the almond flour, flax, coconut flour, baking soda, and salt. Set aside.

In a separate bowl, beat together the almond butter, eggs, molasses, mashed banana, and almond milk. Pour the wet ingredients into the flour mixture, and stir until well combined.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Cinnamon-Raisin Muffins with Walnut Streusel

Miss your favorite morning cinnamon roll, or craving a slice of cinnamonraisin bread? If so, this recipe is sure to become a favorite. These simple-to-prepare muffins are laced with cinnamon and topped with a buttery, walnut topping that will immediately remind you of your favorite bakery treat. These are fabulous for a Paleo-style brunch, and will instantly have your guests wondering how you pulled off such a decadent indulgence that's Paleo friendly. While you can serve them at room temperature, they are best served warm from the oven.

For the muffins:

- 2 cups blanched almond flour
- 1/2 teaspoon sea salt
- 2 teaspoons baking soda
- 4 large eggs
- 1/2 cup unsalted, grass-fed butter, melted and cooled
- 1/4 cup pure honey
- 1/2 cup unsweetened almond milk

For the streusel topping:

- 1/4 cup chopped walnuts
 - 2 tablespoons coconut flour
 - 2 tablespoons coconut sugar
 - 2 tablespoons unsalted, grass-fed butter, cold and cubed
-

Make the muffins:

Preheat oven to 350 degrees F.

In a large bowl, combine the almond flour, salt, and baking soda. Set aside.

In a mixing bowl, beat the eggs with the melted butter, honey, and almond milk until light and smooth. Pour into the flour mixture, and stir until well combined.

Make the streusel topping:

Add the chopped walnuts, coconut flour, coconut sugar, and cold butter in a small bowl, and crumble the butter into the flour and sugar with your hands until you have a crumbly mixture.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Top with the streusel topping. Bake for 12–14 minutes, until tops are golden brown. Once slightly cooled, loosen the muffins with a knife and serve warm.

Store any leftovers in an airtight container for up to 3 days. You can freeze these for weeks in a freezer bag for serving anytime.

Makes 1 dozen muffins.

“Oatmeal” Muffins

You’ve probably heard before that a hot bowl of oatmeal is one of the best ways to start your day; however, if you’ve gone Paleo, this is no longer an option. These muffins can fulfill your craving for oats even though they don’t actually contain any. Finely shredded coconut mimics the texture of oats, while some cinnamon and maple syrup can make you feel like you’re enjoying a winter bowl of oatmeal. Although these muffins are acceptable at room temperature, they’re best served warm.

- 2 cups blanched almond flour
 - 1/2 cup unsweetened coconut, shredded
 - 1/2 teaspoon sea salt
 - 1 teaspoon cinnamon
 - 2 teaspoons baking soda
 - 3 large eggs
 - 1/2 cup coconut oil, melted
 - 1/4 cup pure maple syrup
 - 1/2 cup unsweetened almond milk
-

Preheat oven to 350 degrees F.

In a large bowl, combine the almond flour, coconut, salt, cinnamon, and baking soda. Set aside.

In a mixing bowl, beat the eggs with the coconut oil, maple syrup, and almond milk until light and smooth. Pour into the flour mixture, and stir until well combined.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are a deep golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days. You can freeze these for weeks in a freezer bag for serving anytime.

Makes 1 dozen muffins.

Apple Cranberry Breakfast Muffins

Looking for something sweet and tart to start your morning? Look no further than these delightful breakfast muffins made with fresh cranberries and apples. Bursting with fresh fruit flavor, these are an easy way to start your day off right. Combining the fresh, chopped cranberries with a bit of coconut sugar prevents them from making your muffins too sour, so be sure to include that step.

- 1/2 cup fresh cranberries
 - 2 tablespoons coconut sugar
 - 2 tablespoons pure maple syrup
 - 1 large egg
 - 2 teaspoons pure vanilla extract
 - 1 cup unsweetened almond milk
 - 1 cup blanched almond flour
 - 1/4 teaspoon sea salt
 - 1/4 teaspoon baking soda
 - 1 apple, peeled, cored, and chopped
-

Preheat oven to 350 degrees F.

Put the cranberries in a food processor with the coconut sugar. Pulse until the cranberries are chopped and mixed well with the sugar, being careful not to puree them.

In a medium bowl, add the maple syrup, egg, vanilla, and almond milk, and beat to combine.

In a separate bowl, combine the almond flour, salt, and baking soda. Stir well. Add the liquid and stir until well combined. Fold in the chopped cranberries and apples.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Serve warm or at room temperature.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Bacon and Roasted Pepper Muffins

These savory breakfast muffins are full of flavor from the crisp, cooked bacon and roasted peppers. With a texture that is light and airy, they are incredibly satisfying yet still manage to stick to the principles of the Paleo diet. They're great when you want something that's simple to grab and go but isn't necessarily sweet. Freeze any remaining for an easy, flavorful breakfast any day of the week.

- 1 cup blanched almond flour
 - 1/2 teaspoon sea salt
 - 2 teaspoons baking soda
 - 6 large eggs
 - 1/2 cup unsalted, grass-fed butter, melted and cooled
 - 1/2 cup water
 - 4–5 slices nitrate-free bacon, cooked until crisp, and crumbled
 - 1 roasted red pepper, finely chopped
-

Preheat oven to 325 degrees F.

In a large bowl, combine the almond flour, salt, and baking soda. Set aside.

Beat the eggs with the melted butter and water. Add in the bacon and roasted peppers. Pour this mixture into the flour mix, and stir until combined.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days. You can freeze these for weeks in a freezer bag for serving anytime.

Makes 1 dozen muffins.

French Toast Muffins

These amazing French toast muffins require sourcing some Paleo-friendly bread (or making your own), but the result is well worth the effort. If you have a Paleo bread recipe that you like, save a few slices next time you make it in order to try these muffins—you won't be disappointed. These are best served immediately after removing from the oven.

For the topping:

- 1 egg
- 3 tablespoons unsweetened almond milk
- 1 teaspoon pure vanilla
- 1/2 teaspoon cinnamon
- 4 slices Paleo-friendly white bread, cut into small cubes

For the muffins:

- 2 cups blanched almond flour
 - 1/2 teaspoon sea salt
 - 2 teaspoons baking soda
 - 4 large eggs
 - 1/2 cup unsalted, grass-fed butter, melted and cooled
 - 1/4 cup pure honey
 - 1/2 cup unsweetened almond milk
 - Pure maple syrup, for brushing the tops
-

Make the topping:

Beat the egg with the almond milk, vanilla, and cinnamon, and pour over the bread cubes. Set aside.

Make the muffins:

Preheat oven to 350 degrees F.

In a large bowl, combine the almond flour, salt, and baking soda. Set aside.

In a mixing bowl, beat the eggs with the butter, honey, and almond milk until light and smooth. Pour into the flour mixture, and stir until well combined.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Divide the French toast cubes evenly between the muffins.

Bake for 12–14 minutes, until tops are golden brown and bread cubes are browned around the edges. Brush the tops with maple syrup and serve warm.

Makes 1 dozen muffins.

Paleo Morning Glory Muffins

These dense and delicious muffins are chock-full of goodness, making them perfect for a busy day or a midday snack when you need a burst of energy. Loaded with ingredients like carrots, raisins, and an apple this is not a cake-like muffin but sweet and full of texture and flavor.

- 2 tablespoons coconut oil, melted
 - 1/2 cup unsweetened almond milk
 - 1 large egg
 - 1 teaspoon pure vanilla extract
 - 1 cup almond flour
 - 1/4 cup ground flaxseed
 - 1/4 cup unsweetened coconut, shredded
 - 1 tablespoon cinnamon
 - 1/4 teaspoon ground nutmeg
 - 1 teaspoon baking soda
 - 1 cup carrots, grated
 - 1 apple, peeled, cored, and chopped
 - 1/4 cup raisins
 - 1/2 cup walnuts, chopped
-

Preheat oven to 350 degrees F.

Put the coconut oil, almond milk, egg, and vanilla in a bowl, and stir well to combine.

In a separate bowl, whisk together the almond flour, flaxseed, coconut, cinnamon, nutmeg, and baking soda. Pour the liquid mixture into the dry mixture, and stir until just combined.

Fold in the carrots, apple, raisins, and walnuts.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are dark brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Pecan Date Muffins

These muffins are sweetened with dates alone, giving you a nice dose of natural sugar in the morning before you embark on your day. Crunchy pecans throughout add additional flavor to these tasty muffins. You can freeze any leftovers, which make a quick breakfast a breeze when you don't have time to cook or even sit down for a meal. Grab one to go, and it will be thawed out by the time you arrive at the office!

- 2 cups blanched almond flour
 - 2 teaspoons baking soda
 - 1/2 teaspoon sea salt
 - 4 large eggs
 - 1/2 cup unsalted, grass-fed butter, melted and cooled
 - 1/2 cup unsweetened almond milk
 - 1/4 cup dates, pitted and chopped
 - 1/2 cup pecans, chopped
-

Preheat oven to 350 degrees F.

In a large bowl, combine the almond flour, baking soda, and salt. Set aside.

In a mixing bowl, beat the eggs with the butter and almond milk until light and smooth. Pour into the flour mixture, and stir until well combined. Fold in the chopped dates and pecans.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days. You can freeze these for weeks in a freezer bag for serving anytime.

Makes 1 dozen muffins.

Chai Spiced Muffins

Fragrant with a hint of Indian spices, these delicious Paleo-friendly muffins make an excellent substitute for your usual chai latte. These simple, elegant muffins are perfect for a quick breakfast or sweet snack. These are best served warm with a pat of unsalted, grass-fed butter.

- 2 cups blanched almond flour
 - 2 teaspoons baking soda
 - 1 teaspoon cinnamon
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon ground cardamom
 - 1/4 teaspoon freshly ground black pepper
 - 1/2 teaspoon sea salt
 - 4 large eggs
 - 1/2 cup coconut oil, melted
 - 1/4 cup pure honey
 - 1/2 cup unsweetened almond milk
-

Preheat oven to 350 degrees F.

In a large bowl, combine the almond flour, baking soda, spices, pepper, and salt. Set aside.

In a mixing bowl, beat the eggs with the coconut oil, honey, and almond milk until light and smooth. Pour into the flour mixture, and stir until well combined.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days. You can freeze these for weeks in a freezer bag for serving anytime.

Makes 1 dozen muffins.



FRUIT AND VEGETABLE MUFFINS

Apple Cinnamon Muffins

There is nothing better than the smell of apples and cinnamon baking in the oven, and these delightfully flavorful muffins will prove that. Eat these warm from the pan with a pat of unsalted, grass-fed butter for a real treat. You can use any type of apple you like here; for sweeter muffins, use a Red Delicious or other sweet variety.

- 2 tablespoons pure maple syrup
 - 1 large egg
 - 2 teaspoons pure vanilla extract
 - 1 cup unsweetened almond milk
 - 1 cup blanched almond flour
 - 1 teaspoon cinnamon
 - 1/4 teaspoon sea salt
 - 1/4 teaspoon baking soda
 - 1 apple, peeled, cored, and chopped
-

Preheat oven to 350 degrees F.

In a medium bowl, combine the maple syrup, egg, vanilla, and almond milk, and beat to combine.

In a separate bowl, stir together the almond flour, cinnamon, salt, and baking soda. Add the liquid mixture and stir until well combined. Fold in the chopped apples.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Serve warm or at room temperature.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Paleo Pumpkin Muffins

Pureed pumpkin makes these muffins moist and tender, while its fragrant spices make them full of spicy flavor. These are excellent served with unsalted, grass-fed butter, but you'll definitely enjoy them plain as well. Make these in the fall when the aroma will remind you of crisp, chilly days and the upcoming holiday season. They freeze particularly well, so make an extra batch, and have a taste of autumn all year round.

- 1 cup blanched almond flour
 - 1/2 cup pecans or walnuts, finely ground
 - 1 teaspoon baking soda
 - 1 teaspoon cinnamon
 - 1/4 teaspoon ground nutmeg
 - 1/4 teaspoon ground ginger
 - 1/2 teaspoon sea salt
 - 1 large egg
 - 1 cup pumpkin puree
 - 1/2 cup unsweetened almond milk
 - 3 tablespoons pure maple syrup
-

Preheat oven to 350 degrees F.

In a large mixing bowl, stir together the almond flour, ground nuts, baking soda, spices, and salt.

In a small bowl, beat the egg, pumpkin, almond milk, and maple syrup until well combined. Add the wet ingredients to the flour mixture and mix well.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container or loosely wrapped in plastic for up to 3 days.

Makes 1 dozen muffins.

Paleo Carrot Muffins

Moist and tender, these easy-to-prepare carrot muffins will satisfy your cravings for a slice of carrot cake, and you won't be eating all the refined sugar and carbs. You can eat these for breakfast and feel good about it, or simply enjoy them as a sweet treat after a meal. These sweet and spicy muffins are also an excellent addition to a Paleo brunch or other gathering where you'd like a healthful yet indulgent option. You won't miss traditional carrot cake—and the highly sugared frosting that usually adorns it—once you taste these muffins.

- 1/2 cup unsweetened applesauce, preferably homemade
- 2 tablespoons coconut oil, melted
- 1/2 cup unsweetened almond milk
- 1 large egg
- 1 teaspoon pure vanilla extract

- 1 cup blanched almond flour
 - 1/4 cup coconut flour
 - 1 tablespoon cinnamon
 - 1/4 teaspoon ground nutmeg
 - 1 teaspoon baking soda
 - 1 cup carrots, grated
 - 1/2 cup walnuts, chopped
 - 1/4 cup raisins
-

Preheat oven to 350 degrees F.

Put the applesauce, coconut oil, almond milk, egg, and vanilla in a bowl, and stir well to combine.

In a separate bowl, whisk together the almond flour, coconut flour, cinnamon, nutmeg, and baking soda. Pour the liquid ingredients into the dry mixture, and stir until just combined.

Fold in the carrots, walnuts, and raisins.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Paleo Banana-Nut Muffins

There's not much better than a sweet, spicy, banana-laced muffin filled with crunchy walnuts. Unfortunately, most banana-nut muffins are filled with sugar, processed vegetable oils, and refined carbs. Not so with these beauties. They are just as tender and delicious as your favorite coffee shop muffin, but they are actually good for you. You can add some high-quality chocolate chips to these for an extra indulgence, but taste them first—you may find they don't need it. Freeze any leftovers in a plastic bag; they'll keep for weeks as a sweet treat whenever you like.

- 1 cup blanched almond flour
 - 1/2 cup coconut flour
 - 1 teaspoon baking soda
 - 1 teaspoon cinnamon
 - 1/2 teaspoon sea salt
 - 1 large egg
 - 1 cup ripened bananas, mashed
 - 1/2 cup unsweetened almond milk
 - 3 tablespoons pure maple syrup
-

Preheat oven to 350 degrees F.

In a large mixing bowl, combine the almond flour, coconut flour, baking soda, cinnamon, and salt. Stir to combine.

In a small bowl, combine the egg, bananas, almond milk, and maple syrup. Beat until well combined. Add the wet ingredients to the flour mixture, and mix well.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container or loosely wrapped in plastic for up to 3 days.

Makes 1 dozen muffins.

Paleo Zucchini Muffins

Have a garden full of zucchini and don't know what to do with them? Normally you'd make zucchini muffins, but since you've gone Paleo, that's out, right? Don't rule it out just yet. With these easy-to-prepare muffins that are moist and full of flavor, there's no need to discard your crop. These are just as delicious as your favorite traditional recipe, but they fit within the Paleo plan. Still convinced it's not possible? Whip up a batch of these and see for yourself.

- 1/2 cup unsweetened applesauce, preferably homemade
- 2 tablespoons coconut oil, melted
- 1/2 cup unsweetened almond milk
- 2 large eggs
- 1 teaspoon pure vanilla extract

- 1 cup blanched almond flour
 - 1/4 cup coconut flour
 - 1 tablespoon cinnamon
 - 1/4 teaspoon ground nutmeg
 - 1 teaspoon baking soda
 - 1 cup zucchini, grated
 - 1/2 cup walnuts, chopped (optional)
-

Preheat oven to 350 degrees F.

Put the applesauce, coconut oil, almond milk, eggs, and vanilla in a bowl, and stir well to combine.

In a separate bowl, whisk together the almond flour, coconut flour, cinnamon, nutmeg, and baking soda. Pour the liquid ingredients into the dry mixture, and stir until just combined.

Fold in the shredded zucchini, then the walnuts if using.

Line a muffin tin with liners, and fill each cup 2/3 full of batter. Bake for 12–14 minutes, until tops are golden brown. Once cooled, loosen the muffins with a knife and serve.

Store any leftovers in an airtight container for up to 3 days.

Makes 1 dozen muffins.

Vanilla-Cinnamon Applesauce Muffins

Lightly fragrant, these vanilla-scented muffins have a hint of apple flavor, thanks to the applesauce used to bake them. Applesauce not only adds flavor but is great for adding moisture and replacing fat. Do yourself a favor: if you can make some homemade applesauce, do it. The store-bought product is adequate if it's sugar free, but as with anything, there's always a difference when you make it yourself. Try these with some jam or softened unsalted, grass-fed butter, or just enjoy them plain. Either way, these are simply delightful.

- 2 cups blanched almond flour
 - 1 tablespoon cinnamon
 - 1 teaspoon baking soda
 - 2 large eggs
 - 1/2 cup cold water
 - 1 teaspoon pure vanilla extract
 - 1/4 cup pure maple syrup
 - 1/2 cup unsweetened applesauce, preferably homemade
-

Preheat oven to 350 degrees F.

Mix together the almond flour, cinnamon, and baking soda in a bowl, and sift to combine well.

In a large bowl, beat the eggs until they are frothy. Add the water, vanilla, and maple syrup, and beat until well combined. Stir in the applesauce and mix well.

Carefully pour the flour mixture into the wet ingredients, and stir until just combined.

Line a mini muffin tin with liners, or grease lightly with coconut oil, and fill each cup 2/3 full of batter. Bake for 12–14 minutes until golden brown and fragrant with the scent of cinnamon and vanilla. Allow to cool completely before removing from the pan.

Store any remaining muffins in an airtight container for up to 3 days.

Makes 1 dozen muffins.

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