

Raspberry Cacao Almond Butter Muffins

15 ingredients · 25 minutes · 11 servings



Directions

1. Preheat the oven to 375 d F. Grease a 12-cup muffin pan with coconut oil.
2. Ground almonds and coconut flakes in a flour using a blender or food processor.
3. In a small bowl combine ground flax seed with 5 Tbsp of water and set aside for 5 minutes to make flax egg.
4. In a small saucepan heat frozen raspberries and coconut butter on medium-low until it forms a sauce.
5. In a blender or food processor blend dates + 1/2 cup water to make a date paste.
6. In a large mixing bowl combine dry ingredients: gluten-free flour, almond/coconut flour, collagen peptides, cacao powder, cacao nibs, cinnamon, and baking powder.
7. To the dry ingredients mix in raspberry/coconut butter sauce, date paste, and coconut oil.
8. Add water until it forms a thick pancake-like batter.
9. Divide into muffin tin using about 1/4 cup per muffin. Add 1 tsp of almond butter to the top of each. (Will make 11 muffins).
10. Bake at 375 d F for 15 minutes.
11. Enjoy! Keep wrapped on the counter for about 1 week, or store in the freezer for about 1 month.

Notes

When to Enjoy

Have for breakfast, as a snack, or for dessert!

Ingredients

1 cup	All Purpose Gluten Free Flour
1/2 cup	Almonds
1/4 cup	Unsweetened Coconut Flakes
2	Collagen Peptides (scoops)
1/2 cup	Cacao Powder
1/4 cup	Cacao Nibs
2 tbsps	Ground Flax Seed (plus 5 Tbsp water to make flax egg)
1 tsp	Cinnamon
1 tsp	Baking Powder
1 cup	Frozen Raspberries
1 tbsps	Coconut Butter
6	Pitted Dates (plus 1/2 cup of water to make date paste)
2 tbsps	Coconut Oil (plus some to grease the pan)
1 cup	Water
3 2/3 tbsps	Almond Butter