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Yummy Muffins



- 3 eggs
- ¾ cup honey
- ½ cup coconut oil, melted
- ½ cup applesauce
- 1 tsp. vanilla
- 1 Tbsp. cinnamon
- 2 tsp. baking soda
- ½ tsp. Himalayan salt
- ½ cup ground flax seed
- 2 cups shredded carrots
- 1 cup shredded zucchini
- 1 cup shredded apple
- ¾ cup coconut flakes
- 1 cup almond flour
- ½ cup gluten-free flour
- ½ cup coconut flour
- ½ cup sliced almonds

Mix all ingredients in order given. Bake at 375° for 18-22 min.

These freeze great for snacking later! They are so moist and yummy - one of my kids' favorites!

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