

# Cinnamon Flax Muffins

7 ingredients · 30 minutes · 12 servings



## Directions

---

1. Preheat your oven to 350F 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

---

### Likes it Sweet

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

### Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

## Ingredients

---

<b>2 cups</b>	Ground Flax Seed
<b>1 tbsp</b>	Baking Powder
<b>1/4 tsp</b>	Sea Salt
<b>2 tbsps</b>	Cinnamon
<b>6</b>	Egg (room temperature)
<b>1/3 cup</b>	Coconut Oil (melted)
<b>1/2 cup</b>	Water (warm)