



Ashley's Meal Prep Monday!



Gut Healthy Apple Muffins

INGREDIENTS

2 cups GF rolled oats
8 dates
½ cup coconut oil,
melted
¼ cup maple syrup
1-2 chopped apples
2 eggs
1 TSP baking soda
pinch of salt
pinch of cinnamon



Preheat oven to 350 and prepare a muffin pan with baking cups or spray with oil.

Add all ingredients into a blender and combine until smooth.

Divide the batter into the cups and bake for 15-18 minutes, or until the center is cooked by inserting a toothpick to check,

Let cool and enjoy!

Recipe idea: domeniquetrupia.com

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