

PB and J Muffins

Ingredients

- 1 cup applesauce
- 1/2 cup natural peanut butter
- 1/4 cup maple syrup
- 2 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1/2 cup oat flour
- 1 teaspoon baking powder
- 1/2 teaspoon fine sea salt
- 1/4 cup jam of choice

Directions

1. Preheat oven to 350F. Line a 12 cup muffin tin with muffin liners. Spray the inside of the liners lightly with avocado oil spray to prevent muffins from sticking to liners.
2. In a large bowl, whisk the eggs. Add the applesauce, peanut butter, maple syrup and vanilla extract until smooth.
3. To the bowl, add in the oat flour, baking powder and salt. Combine until just incorporated. Careful not to overmix.
4. Scoop the batter into muffin liners. Add 1 teaspoon of naturally sweetened jam or chia jam on top of each muffin. Use a toothpick or spoon to swirl the strawberry fruit spread into the top layer of the batter.
5. Bake for 20 minutes or until a toothpick comes out clean or with just a few crumbs. Let cool for 3–5 minutes, then transfer the muffins to a wire rack to cool.
6. Store the muffins in an airtight container in the fridge for up to a week or in the freezer for three months.

MADE WITH LOVE

by Teresa Forchard