



**Completely
Essential
Nutrition**

CEN Muffin Recipes

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<https://www.completelyessentialnutrition.com/>



Kale & Mushroom Egg Muffins

12 servings

40 minutes

Ingredients

- 9 Egg
- 2 tbsps Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 cup Mushrooms
- 2 Garlic (cloves, minced)
- 2 cups Kale Leaves (packed and finely sliced)

Nutrition

Amount per serving	
Calories	65
Fat	4g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	5g
Cholesterol	140mg
Sodium	156mg
Potassium	98mg
Vitamin A	376IU
Vitamin C	4mg
Calcium	37mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C). Whisk together eggs, almond milk and sea salt in a mixing bowl and set aside.
- 2 Heat olive oil in a frying pan over medium heat. Add onion and mushroom and saute for 5 minutes or until onions are translucent.
- 3 Add garlic and kale and continue to saute just until kale is wilted. Remove from heat and add to mixing bowl with eggs. Mix well.
- 4 Line a muffin tray with liners (parchment paper cups work best). Evenly distribute the egg/kale mixture across the muffin tin leaving some room at the top as the egg will rise. Bake in the oven for 20 minutes.
- 5 Remove from oven and let cool before removing the liners. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

More Vegetables: Add roasted tomatoes.

Make it Spicy: Add clean hot sauce.



Lemon Poppy Seed Muffins

9 servings

45 minutes

Ingredients

- 1/2 cup Coconut Flour
- 1/3 cup Maple Syrup
- 6 Egg
- 1/3 cup Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1 Lemon (zested and juiced)
- 1 tbsp Poppy Seeds

Nutrition

Amount per serving	
Calories	183
Fat	12g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	5g
Cholesterol	124mg
Sodium	128mg
Potassium	80mg
Vitamin A	180IU
Vitamin C	2mg
Calcium	46mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin tray with liners.
- 2 In a large mixing bowl, combine coconut flour, maple syrup, eggs, coconut oil and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
- 3 Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
- 4 Remove from oven and let cool. Enjoy!

Notes

Make it sweeter: Serve with a drizzle of raw honey.



Morning Glory Muffins

9 servings
40 minutes

Ingredients

- 1 cup Almond Flour
- 1 cup Oats
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/2 cup Organic Raisins
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 2 Carrot (grated)
- 1 Banana (ripe and mashed)

Nutrition

Amount per serving	
Calories	230
Fat	13g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	6g
Cholesterol	41mg
Sodium	99mg
Potassium	227mg
Vitamin A	2347IU
Vitamin C	2mg
Calcium	71mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
- 2 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 3 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 4 Combine the wet and dry ingredients and mix well.
- 5 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 6 Remove from oven. Let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving equals one muffin.

No Raisins: Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy: Mix 2 tbsps ground flax seed with 6 tbsps water and let it sit to form a gel. Use this in replace of 2 eggs.

Special Touch: Serve with raw honey or organic butter.



Lemon Raspberry Coconut Muffins

12 servings

40 minutes

Ingredients

1/2 cup Coconut Flour
1/3 cup Maple Syrup
6 Egg
1/3 cup Coconut Oil (melted)
1 Lemon (zested then juiced)
1 cup Raspberries (plus extra for garnish)

Nutrition

Amount per serving	
Calories	149
Fat	10g
Carbs	11g
Fiber	2g
Sugar	7g
Protein	4g
Cholesterol	93mg
Sodium	47mg
Potassium	75mg
Vitamin A	139IU
Vitamin C	4mg
Calcium	27mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin tray with papers. (Note: The original recipe yields 12 snack size muffins or 6 to 8 breakfast size muffins.)
- 2 Mix all ingredients except the raspberries together in a large mixing bowl. Stir very well until combined.
- 3 Gently fold in the raspberries.
- 4 Divide batter evenly across the muffin tray. Press in some extra raspberries into the tops of the muffins (optional). Bake for 35 to 40 minutes.
- 5 Let cool and enjoy!

Notes

No Raspberries: Use blueberries, blackberries or chopped strawberries.

Budget-Friendly: Use frozen berries instead of fresh. The coconut oil will harden as you mix them in but will soften again when baked.

Serve it With: A drizzle of raw honey, maple syrup or organic butter.

Storage: Store in an air-tight container at room temperature for up to 3 days or freeze.

No Maple Syrup: Sweeten with raw honey instead.

Short on Time: Throw all ingredients into a blender and puree until smooth. Pour into muffin tin and bake.

Not a Coconut Fan: Swap out the coconut flour and coconut oil and use almond flour and extra virgin olive oil instead. Note: You may need to add more almond flour to reach a muffin batter consistency since the consistency of coconut flour is very dry and absorbent.



Zucchini Carrot Souffle Muffins

10 servings
45 minutes

Ingredients

1/4 cup Maple Syrup
4 Egg (separated)
1/4 cup Coconut Oil (melted)
1 tbsp Vanilla Extract
1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tsp Baking Powder
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds
1/4 tsp Sea Salt
1 Carrot (grated)
1 Zucchini (grated)

Nutrition

Amount per serving	
Calories	193
Fat	14g
Carbs	11g
Fiber	3g
Sugar	6g
Protein	6g
Cholesterol	74mg
Sodium	173mg
Potassium	129mg
Vitamin A	1166IU
Vitamin C	4mg
Calcium	91mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease a muffin tin or line with muffin cups.
- 2 In a bowl, whisk together maple syrup, egg yolks, melted coconut oil and vanilla extract.
- 3 Add dry ingredients to the wet mixture and combine thoroughly.
- 4 Add grated carrot and zucchini. (Note: If too wet, add more coconut flour. If too dry, add 1 tbsp of warm water at a time.)
- 5 Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.
- 6 Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

Notes

Make it as a Loaf: Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.



Apple Spice Muffins

12 servings

40 minutes

Ingredients

- 1 1/4 cups Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 2 Apple (cored and finely diced)
- 4 Egg (whisked)
- 1/4 cup Coconut Oil
- 1/4 cup Maple Syrup
- 1/3 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	176
Fat	12g
Carbs	13g
Fiber	3g
Sugar	8g
Protein	5g
Cholesterol	62mg
Sodium	136mg
Potassium	72mg
Vitamin A	121IU
Vitamin C	1mg
Calcium	58mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with wrappers.
- 2 Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, maple syrup and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
- 3 Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples: Use pears instead.

Storage: Store at room temperature for 3 days, or freeze up to 3 months.



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	183
Fat	14g
Carbs	7g
Fiber	5g
Sugar	0g
Protein	7g
Cholesterol	93mg
Sodium	207mg
Potassium	40mg
Vitamin A	139IU
Vitamin C	0mg
Calcium	122mg
Iron	2mg

Directions

- 1 Preheat your oven to 350°F (177°C) 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

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

Serving Size: One serving is equal to one muffin.

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



Green Smoothie Muffins

12 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

Nutrition

Amount per serving	
Calories	106
Fat	2g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	6g
Cholesterol	32mg
Sodium	156mg
Potassium	198mg
Vitamin A	675IU
Vitamin C	3mg
Calcium	134mg
Iron	1mg

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

Recommended Protein Powder: This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers: Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins: After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Mini Banana Muffins

15 servings

30 minutes

Ingredients

- 2 Banana
- 1/2 cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 2 tsp Baking Powder

Nutrition

Amount per serving	
Calories	115
Fat	9g
Carbs	7g
Fiber	2g
Sugar	2g
Protein	5g
Cholesterol	37mg
Sodium	85mg
Potassium	71mg
Vitamin A	81IU
Vitamin C	1mg
Calcium	89mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- 2 In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
- 3 Remove from oven and let cool. Enjoy!

Notes

Almond Flour: This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

Extra Toppings: Top with chia seeds, walnuts, dried banana slices or hemp seeds.

Storage: Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.

Serving Size: One serving is equal to one mini muffin.



Chocolate Zucchini Muffins

12 servings
30 minutes

Ingredients

2 cups Almond Flour
1/4 cup Cocoa Powder
1/4 tsp Sea Salt
1/4 tsp Baking Soda
1/4 cup Extra Virgin Olive Oil
1/4 cup Maple Syrup
3 Egg
1 Zucchini (medium, grated)

Nutrition

Amount per serving	
Calories	188
Fat	15g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	6g
Cholesterol	47mg
Sodium	96mg
Potassium	101mg
Vitamin A	100IU
Vitamin C	3mg
Calcium	59mg
Iron	1mg

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Serving Size: One serving is equal to one muffin.

Zucchini: One medium zucchini is equal to about 2 cups of grated zucchini.

Storage: Store in the fridge for 5 days or in the freezer for a few months.



Mini Harvest Peach Oatmeal Muffins

16 servings
20 minutes

Ingredients

- 1 Banana
- 2 Egg
- 1 tbsp Maple Syrup
- 1/4 cup Water
- 2 tbsps Ground Flax Seed
- 1 cup Oats
- 1/2 cup Oat Flour
- 1 tbsp Chia Seeds
- 1 Peach (pit removed and chopped)

Nutrition

Amount per serving	
Calories	65
Fat	2g
Carbs	10g
Fiber	2g
Sugar	3g
Protein	3g
Cholesterol	23mg
Sodium	9mg
Potassium	79mg
Vitamin A	69IU
Vitamin C	1mg
Calcium	16mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- 2 In a mixing bowl, mash the banana with the back of a fork. Add eggs, maple syrup, and water, whisking until well combined.
- 3 Add ground flax, oats, oat flour and chia seeds. Stir in the chopped peach.
- 4 Scoop the batter into each silicone cup. Bake for 12 to 15 minutes.
- 5 Let cool completely and enjoy!

Notes

No Peach: Use nectarines, plums, strawberries or pears instead.

Storage: Refrigerate in an airtight container up to 3 to 5 days.

Regular Sized Muffins: Use a regular sized muffin tray instead of a mini muffin tray. Bake for about 20 to 25 minutes.

Serving Size: One serving is equal to one mini muffin.



Meatloaf Muffins with Mashed Cauliflower Frosting

6 servings
30 minutes

Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 1 Yellow Onion (medium, chopped)
- 2 tbsps Dijon Mustard
- 1 tsp Ground Sage
- 1 1/2 tsps Sea Salt (divided)
- 1 head Cauliflower (chopped into florets)
- 1/2 cup Organic Coconut Milk (full fat, from the can)
- 1/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	275
Fat	15g
Carbs	8g
Fiber	3g
Sugar	4g
Protein	25g
Cholesterol	74mg
Sodium	756mg
Potassium	746mg
Vitamin A	67IU
Vitamin C	48mg
Calcium	46mg
Iron	4mg

Directions

- 1 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 2 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
- 3 Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
- 4 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
- 5 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

Notes

Serving Size: Each serving is equal to two muffins.

Leftovers: Refrigerate in an airtight container up to 3 days.

No Cauliflower: Use potato instead.

No Coconut Milk: Use water or any alternative milk.

More Veggies: Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.



Spinach & Sweet Potato Egg Muffins

4 servings
35 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving	
Calories	228
Fat	15g
Carbs	9g
Fiber	2g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	491mg
Potassium	503mg
Vitamin A	9372IU
Vitamin C	13mg
Calcium	113mg
Iron	3mg

Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
- 2 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size: One serving is equal to three egg cups.

Leftovers: Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach: Use finely sliced kale or swiss chard instead.



Apple Cranberry Muffins

12 servings

35 minutes

Ingredients

2 tbsps Ground Flax Seed
 1/4 cup Water
 2 cups Oat Flour
 1/3 cup Coconut Sugar
 1 tsp Baking Soda
 1/2 tsp Sea Salt
 1 tsp Cinnamon
 2/3 cup Unsweetened Almond Milk
 2 Apple (small, grated)
 1/4 cup Coconut Oil (melted)
 3/4 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	181
Fat	7g
Carbs	27g
Fiber	4g
Sugar	12g
Protein	4g
Cholesterol	0mg
Sodium	212mg
Potassium	35mg
Vitamin A	43IU
Vitamin C	1mg
Calcium	40mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl, mix the ground flax with water and set aside.
- 3 In a large mixing bowl, add the oat flour, coconut sugar, baking soda, sea salt and cinnamon. Whisk well. Then add the ground flax/water mix, almond milk, grated apple and melted coconut oil. Mix well to combine using a spoon or spatula. Gently fold in the dried cranberries.
- 4 Divide the batter into the prepared muffin tin. Bake for 22 to 24 minutes.
- 5 Remove the muffins from the oven and let them cool before placing on a cooling rack for 15 minutes. Serve and enjoy!

Notes

Serving Size: One serving is equal to one small muffin.

Density: These muffins are quite dense due to the oat flour. They do not rise very much.

Nut-Free: Use a nut-free milk instead of almond milk such as coconut, hemp or rice milk.

Optional Toppings: Top muffins with almond butter or coconut butter.

Leftovers: Refrigerate muffins up to four days. Freeze for longer.

No Coconut Oil: Use butter or ghee.



Lemon Blueberry Muffins

12 servings
30 minutes

Ingredients

- 2 cups Almond Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 Lemon (zest and juice)
- 3 Egg
- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1 cup Blueberries

Nutrition

Amount per serving	
Calories	158
Fat	11g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	6g
Cholesterol	47mg
Sodium	120mg
Potassium	80mg
Vitamin A	81IU
Vitamin C	4mg
Calcium	55mg
Iron	1mg

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
- 5 Remove from oven and let cool. Enjoy!

Notes

Serving Size: One serving is equal to one muffin.

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Almond Flour: This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

Banana: One medium banana is equal to 1/2 cup mashed banana.



Protein Berry Oatmeal Cups

12 servings

35 minutes

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbs Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	139
Fat	3g
Carbs	22g
Fiber	3g
Sugar	7g
Protein	6g
Cholesterol	31mg
Sodium	113mg
Potassium	151mg
Vitamin A	73IU
Vitamin C	6mg
Calcium	78mg
Iron	1mg

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size: One serving size is equal to one oatmeal cup.

Nut-Free: Use boxed coconut milk instead of almond milk.

No Frozen Berries: Use fresh berries instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Protein Powder: Omit or use collagen instead.



Banana & Chocolate Chip Oatmeal Cups

12 servings
35 minutes

Ingredients

2 tbsps Coconut Oil (melted, divided)
2 1/2 cups Oats (rolled)
1/4 cup Vanilla Protein Powder
1 tsp Baking Powder
1 tsp Cinnamon
1/4 tsp Sea Salt
2 Banana
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Plain Coconut Milk
(refrigerated, from the box)
2 Egg
1/3 cup Organic Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	183
Fat	7g
Carbs	25g
Fiber	2g
Sugar	10g
Protein	6g
Cholesterol	31mg
Sodium	108mg
Potassium	170mg
Vitamin A	79IU
Vitamin C	2mg
Calcium	74mg
Iron	1mg

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tin with half the coconut oil.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tins and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving size is equal to one oatmeal cup.

Additional Toppings: Top with sliced banana and almond butter.



Pumpkin Muffins

12 servings

40 minutes

Ingredients

2 tbsps Ground Flax Seed
 1/3 cup Water
 1/3 cup Unsweetened Almond Milk
 1 tsp Apple Cider Vinegar
 1 1/2 cups Oat Flour
 1 cup Almond Flour
 1 tsp Baking Soda
 1/2 tsp Baking Powder
 1 tsp Pumpkin Pie Spice
 1/4 tsp Sea Salt
 1 cup Pureed Pumpkin
 1/2 cup Maple Syrup
 2 tbsps Coconut Oil (melted)
 1/2 cup Walnuts (roughly chopped)

Nutrition

Amount per serving	
Calories	216
Fat	12g
Carbs	24g
Fiber	4g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	182mg
Potassium	94mg
Vitamin A	3192IU
Vitamin C	1mg
Calcium	78mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 4 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5 Remove from oven and let cool before serving or storing. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size: One serving is equal to one muffin.

No Walnuts: Use chocolate chips instead of walnuts.



Spinach & Sausage Egg Muffins

6 servings
30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 8 3/4 ozs Pork Sausage (casing removed)
- 6 cups Baby Spinach (chopped)
- 8 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	246
Fat	20g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	14g
Cholesterol	272mg
Sodium	596mg
Potassium	337mg
Vitamin A	3284IU
Vitamin C	9mg
Calcium	74mg
Iron	2mg

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two egg muffins.

More Flavor: Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian: Omit the sausage.

No Sausage: Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach: Use kale or chard instead.



Strawberry Coconut Oatmeal Muffins

12 servings
40 minutes

Ingredients

- 1 3/4 cups Organic Coconut Milk (full fat, from the can)
- 1/4 cup Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 2 tsps Ground Flax Seed
- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1 cup Strawberries (fresh, chopped)

Nutrition

Amount per serving	
Calories	164
Fat	10g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	52mg
Potassium	135mg
Vitamin A	1IU
Vitamin C	7mg
Calcium	41mg
Iron	1mg

Directions

- 1 Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
- 3 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 4 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to one month.
- Serving Size:** One serving is equal to one muffin.
- More Flavor:** Add cinnamon or a pinch of salt.
- No Strawberries:** Use blueberries or raspberries instead. Fresh berries are best instead of frozen.
- No Maple Syrup:** Use honey or agave instead.
- No Rolled Oats:** Use quick oats instead.
- No Muffin Liners:** Use a non-stick muffin pan or grease pan with coconut oil.



Arugula & Tomato Egg Muffins

6 servings
30 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 4 cups Arugula
- 8 Egg
- 1 Tomato (chopped)
- 2/3 oz Pecorino Romano Cheese (shredded)
- 1/4 cup Parsley (chopped)
- 1/3 cup Unsweetened Almond Milk
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	128
Fat	9g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	10g
Cholesterol	251mg
Sodium	291mg
Potassium	196mg
Vitamin A	1194IU
Vitamin C	8mg
Calcium	128mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
- 3 In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
- 4 Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
- 5 Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two egg cups.

No Arugula: Use spinach instead.

Dairy-Free: Omit the cheese or use nutritional yeast instead.

Nut-Free: Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor: Use sun dried tomatoes instead of regular tomato.



Zucchini & Goat Cheese Egg Muffins

6 servings

20 minutes

Ingredients

- 1 Zucchini (divided)
- 6 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	100
Fat	7g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	8g
Cholesterol	189mg
Sodium	215mg
Potassium	154mg
Vitamin A	335IU
Vitamin C	6mg
Calcium	41mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (177°C). Line your muffin tin with parchment liners, or use a silicone muffin tin without liners.
- 2 Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- 3 In a mixing bowl, whisk together the eggs, water, salt and chopped zucchini. Divide the mixture into the muffin pan.
- 4 Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
- 5 Let cool slightly before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to three days. Freeze for up to two months.

Serving Size: One serving equals one egg muffin.

More Flavor: Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings: Top with green onions or sliced tomatoes.



Smoked Salmon Egg Cups

3 servings

25 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 6 Egg
- 1 tbsp Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 4 ozs Smoked Salmon (roughly chopped)

Nutrition

Amount per serving	
Calories	210
Fat	14g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g
Cholesterol	381mg
Sodium	403mg
Potassium	263mg
Vitamin A	1554IU
Vitamin C	3mg
Calcium	71mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two egg cups.

More Flavor: Add fresh dill or capers to the muffin tins.



Quinoa & Kale Egg Muffins

6 servings
30 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1/3 cup Quinoa (dry)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	155
Fat	10g
Carbs	8g
Fiber	1g
Sugar	0g
Protein	9g
Cholesterol	217mg
Sodium	294mg
Potassium	209mg
Vitamin A	1098IU
Vitamin C	13mg
Calcium	66mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two egg muffins.

More Flavor: Add red pepper flakes or black pepepr.



Blueberry Oat Muffins

12 servings
40 minutes

Ingredients

2 cups Oats (rolled)
1/2 cup Unsweetened Shredded Coconut
2 tbsps Hemp Seeds
1 tsp Cinnamon
1 tsp Baking Powder
2 Egg
1/4 cup Unsweetened Almond Milk
1 tsp Vanilla Extract
2 tbsps Maple Syrup
1 cup Blueberries (fresh)

Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	15g
Fiber	2g
Sugar	4g
Protein	4g
Cholesterol	31mg
Sodium	58mg
Potassium	99mg
Vitamin A	63IU
Vitamin C	1mg
Calcium	51mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
- 3 In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
- 4 Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size: One serving is equal to one muffin.

Additional Toppings: Top with shaved almonds or pecans.

No Blueberries : Use strawberries or raspberries instead.