

# EYE LOVE MUFF

GREAT FOR TREATS OR AS A MEAL TOPPER

## prep time

2 min

## cook time

20 min, plus  
an extra 5  
min to cool

## serves

24 muffins

**Use 3/4oz liners**

## Things you need

**1 CUP** plain unsweetened  
apple sauce (without addi-  
tives)

**2** beaten eggs

**4 CUPS** oat or coconut flour

**1/4 cup** peanut butter  
(unsalted and unsweet-  
ened)

**1 CUP** Grated carrots

**1/2 cup** coconut flakes or  
flour (unsweetened natural)

## Here is how

Beat the applesauce,  
peanut butter, and eggs.

Lightly add in flour,  
carrots, and coconut  
flakes. It should be tacky  
if not add a splash of  
water or broth.

Let cool completely.

Using muffin paper or tins  
makes for ease in prep  
and clean up. Easy to  
refrigerate/freeze,  
transport & delve out in  
single servings.

