

Confetti Apple Muffins

1 cup shredded apple

1/2 cup shredded sweet potato

4 Tbsp coconut oil melted

1/2 cup sugar

1/4 cup applesauce

2 eggs – whisked

1 tsp vanilla

1.5 cup AP Flour

1/2 tsp baking soda

1/2 tsp baking powder

1 tsp cinnamon

1/2 tsp ground ginger

Instructions

Spray muffin tin wells with cooking spray

Mix first 8 ingredients in a large bowl and stir until well combined.

Add remaining ingredients and stir until just mixed. Batter will be very thick. Stir well to ensure all flour is mixed in. Let sit for 5 minutes before scooping into the muffin tins

Scoop into greased muffin tins.

Bake at 375 degrees F for 20 minutes for regular sized muffins or 12-14 minutes for mini muffins

Check 5 minutes before set time to test if toothpick inserted into center comes out clean.

Let cool slightly before eating!