



Ingredients:

- 10 dates, pits removed
- 3 apples, cored and quartered
- 110 gram almond meal
- 35 gram dessicated coconut
- 100 gram almond butter
- 100 gram butter melted
- 150 gram honey
- 60 gram coconut oil melted
- 3 eggs
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- pinch of salt
- pinch of cinnamon
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1.

Preheat the oven to 180 degrees and line a muffin tin with patty pans

2.

Put the apples and the pitted dates into your food processor and pulse until finely chopped, remove from bowl

3.

Place all remaining ingredients into your food processor and mix on a medium-fast speed for 45 to 60 seconds

4.

Incorporate chopped apples and dates and mix on slow speed for 1 minute

5.

Divide mixture into your muffin trays approx. 3/4 full

6.

Bake for 25 minutes or until firm in the center. Enjoy!

7. Can be stored in an airtight container in the fridge for 5-7 days.