

Peanut Butter and Jelly Muffins - A healthy but flavorful take on the childhood PB&J sandwiches. Using one bowl, naturally sweetened and gluten-free!

PREP TIME: 5 MIN | COOK TIME: 30 MIN | MAKES 12 Servings

Ingredients

- $\frac{3}{4}$ cup unsweetened applesauce
- $\frac{1}{2}$ cup creamy or crunchy peanut butter
- $\frac{1}{3}$ cup coconut sugar
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup unsweetened milk of choice
- $\frac{1}{4}$ cup coconut oil (melted)
- 2 eggs
- 1 tsp apple cider vinegar
- $1\frac{1}{2}$ cup gluten-free flour blend
- $\frac{3}{4}$ cup gluten-free rolled oats
- $1\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp sea salt
- 9-11 tsp naturally sweetened jam of choice
- *handful blueberries as garnish (optional)*



Directions

1. Preheat the oven to 350 degrees and lightly grease or line a standard 12 count muffin tin.
2. In a large mixing bowl, whisk eggs and then add applesauce, peanut butter, coconut sugar, maple syrup, oil and milk and stir until combined and sugar crystals have dissolved.
3. Add baking soda, baking powder, and apple cider and whisk to combine.
4. Lastly, add the flour, oats, and salt and stir to combine. The batter should be scoopable, not pourable. If the batter isn't on the thicker side, then slowly add in more flour.
5. Pour batter into muffin tins about $\frac{3}{4}$ full and top with $\frac{1}{2}$ to 1 tsp jam and $\frac{1}{4}$ tsp more peanut butter. Swirl jam and peanut butter using a toothpick, making sure you don't get too close to the edges or it will cause seeping when baking and can get too browned. You can also garnish with blueberries and oats on top or create an oat streusel topping!
6. Bake for 26-32 minutes or until a toothpick when inserted comes out clean. Allow to cool in tin for 20 minutes before allowing them to cool a second time on a wire rack. May need to loosen muffins from the pan by sliding a butter knife around the edges.
7. Enjoy immediately after! Can keep at room temperature for several days and freezer friendly.