



## Everything Bagel Muffins

### INGREDIENTS

1½ cups almond flour	¼ cup ground flax seeds
1 tablespoon coconut flour	1 teaspoon baking soda
¼ teaspoon sea salt	5 large eggs
2 tablespoons apple cider vinegar	Everything But The Bagel seasoning

### DIRECTIONS

In a food processor, pulse almond flour, flax meal, coconut flour, baking soda, and salt. Add eggs and vinegar and pulse until thoroughly combined. In a muffin pan, divide all ingredients to the 12 spots filling each one  $\frac{3}{4}$  full only. Sprinkle with Bagel seasoning. Bake at 350°F for 14-17 minutes, until a toothpick inserted into the center of a bagel comes out clean. Let bagels cool in the pan for 10 minutes. Cut out the very center of the muffin so that it looks like a bagel. Or just leave as is for your bagel muffin! Makes 10 muffin/bagels; 145 calories in each.