

Espresso Coffee Cake Muffins (Paleo, GF)

Yields: 12 standard sized muffins

For the filling:

¼ cup	maple syrup
1 Tbsp	cinnamon
½ tsp	natural cocoa powder
¼ cup	walnuts, chopped

For the crumb topping:

½ cup	almond flour (not almond meal)
1 tsp	cinnamon
2 tsp	coconut butter
2 Tbsp	maple syrup
¼ cup	walnuts, chopped

For the muffins:

¾ cup	almond flour (not almond meal)
½ cup	coconut flour
1 tsp	baking soda (-1/8 tsp for high altitude)
½ tsp	baking powder
¼ tsp	salt
1 tsp	cinnamon
2	large eggs
½ cup	honey
1 Tbsp	vanilla
½ cup	coconut cream
2 Tbsp	coconut oil, melted
1 ½ tsp	espresso powder
1 ½ Tbsp	warm water
¾ cup	almond butter

Preheat the oven to 350 degrees (325 degrees for high altitude). Line a 12 cupcake pan with paper liners. Note: At high altitude, you don't want to fill the muffin cups more than halfway full as the batter expands more quickly and tends to collapse if the cup is filled too full. To help combat this, I use tall muffin liners (Paper Chef brand Tulip cups) as they allow the batter more room to expand.

To make the filling:

Mix the maple syrup, cinnamon and cocoa powder in a small bowl with a whisk. Set aside.

To make the crumb topping:

Mix the almond flour, cinnamon, coconut butter and maple syrup with a fork in a medium bowl to make a coarse crumb texture and then mix in the chopped walnuts. Set this mixture aside.

To make the muffins:

In a large bowl, combine the almond flour, coconut flour, baking soda, baking powder, salt and cinnamon with a whisk. Set the bowl aside. In a small bowl, combine the espresso powder and warm water. In the bowl of a mixer, combine the eggs, honey, vanilla, espresso, coconut cream, and melted coconut oil and mix on medium speed until just combined. Add the almond butter to the bowl and mix until incorporated. With the mixer on low speed, add the dry ingredients and mix until just combined.

Spoon 2 Tbsp. of the batter into each muffin cup. Sprinkle about a Tbsp. of chopped walnuts onto the batter. Next spoon 1 tsp of the filling on top of the walnuts into each of the muffin cups. Lastly, spoon 1 Tbsp. of the remaining batter on top of the filling in each muffin cup. Add a heaping Tbsp. of the crumble on top of the batter in each muffin cup. I suggest being liberal with the crumb topping...it is delicious.

Bake muffins for 25-30 minutes. Cool muffins in pan for 5-10 minutes. Remove from the pan and cool completely on a wire cooling rack.

Store these muffins in an airtight container at room temperature for up to 5 days (they won't last that long...trust me) or they can be double wrapped and frozen for up to 6 months.