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## Timothy's Apple Cinnamon Cream Cheese Muffins - S

*This recipe is by Timothy Heath, the 2019 [Trim Healthy You Curriculum](#) Holiday Recipe Contest winner for the High School category. These muffins will be sure to be a Holiday crowd pleaser... even with the grinchiest of grinchies!*

Serving Size: Makes 6 Muffins

### **INGREDIENTS:**

#### **Muffin Batter...**

- 1 cup almond flour
- 1/2 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 2 to 2 & 1/2 Tablespoons *THM Super Sweet Blend*
- Pinch of salt
- 1 & 1/2 Tablespoons coconut flour
- 2 eggs
- 1/4 cup unsweetened almond milk
- 1/4 cup melted butter
- 1/2 teaspoon vanilla
- 1/2 cup of diced apples

#### **Cream Cheese Filling...**

- 4-ounces softened cream cheese
- 1/4 teaspoon vanilla
- 1 teaspoon heavy cream
- 1/4 teaspoon cinnamon
- 1 to 2 Tablespoons *THM Gentle Sweet*

#### **Topping...**

- Cinnamon
- 1/4 cup *THM Gentle Sweet* (OR) 1 - 1 & 1/2 Tablespoons *THM Super Sweet Blend*
- 1/4 teaspoon black strap molasses (for flavoring)

*(Recipe Continued...)*

*(Timothy's Apple Cinnamon Cream Cheese Muffins, Continued...)*

**INSTRUCTIONS:**

1. Preheat oven to 350° F. Grease 6 muffin cups.
2. For the muffin batter, mix all the dry ingredients first and then add the wet ones in. Mix well. Fold in the diced apples.
3. For the filling, beat all ingredients until well blended.
4. For the topping, mix together well the black strap molasses and either the *Gentle Sweet* or *Super Sweet Blend*. Set aside
5. Put 2 Tablespoons of the muffin batter in each muffin cup. Set the remaining batter to the side.
6. Spoon in approximately 1 Tablespoon of the cream cheese filling into each muffin cup and then top the filling with a spoonful of the remaining batter. Sprinkle the cinnamon and the molasses/sweetener mixture onto each muffin.
7. Bake at 350° F for 22 minutes or until set.

The *Timothy's Apple Cinnamon Cream Cheese Muffins* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)