



Cinnamon Corn Bread Muffins

- 3 eggs
- 3 Tbsp. coconut oil
- 3 Tbsp. coconut milk
- 3 Tbsp. sucanat or sugar
- ¼ tsp. vanilla
- ¼ tsp. salt
- 2 Tbsp. sifted coconut flour
- ¼ tsp. baking powder
- 3 tsp. cornmeal
- 1 tsp. cinnamon

Blend together eggs, coconut oil, coconut milk, 2 tablespoons sugar, vanilla, and salt. Combine coconut flour, baking powder, and cornmeal and whisk into batter until there are no lumps. Pour batter into greased muffin cups. Combine 1 tablespoon sugar with cinnamon and sprinkle on top of batter. Bake at 400 degrees F (205 C) for 12 to 15 minutes. Makes 6 muffins. *Courtesy of Dr. Bruce Fife, N.D.*

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Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com