Cinnamon Bun Muffins (Coconut Flour)  
via [Comfy Belly](https://www.facebook.com/comfybelly/?__tn__=K-R&eid=ARBkAO_EL1SWggAtxIaDBohCiMCgkT_mDjJuW5dPQORX_6EoxqwuinhzHRtVWUpq7yVxbEnDvewswDMF&fref=mentions&__xts__%5B0%5D=68.ARAbiSTSyfe9d1RD6zrioD-O5rD1qMCJPJOW2FZL3tpY8mp_l686UUfMtbuj-fR_6cjEAODhs8lnaqWTozcdZXdYg2U0RnY3oGPByZHmuHgR_et8y4F-5406TxSKhn9OzHXwUw9k17qxTE_aGJ6RTScYVAIwuoEAPrwMcZfTo-GIhAMnjUKqo3bC7GDjdEWHV9guUkuOvRyoRM5bdBby4ZNyfcwujFil7pEbge9Olk6x_atwRU1H5zdh01B0T_m5Wiey8U524z7jfhbcYtNSnNrNkSu_OdsfjPQYHkvcTBSLBaaSJ2HcvpxM9x6CpprXt35-XNtagyo_wCEwgmYEsQbM_Q)​

1/2 cup of coconut flour  
1/4 teaspoon of baking soda  
1/4 teaspoon of sea salt  
4 eggs  
1/3 cup of yogurt or dairy-free milk  
1/2 cup of honey or maple syrup

Cinnamon Topping Ingredients:  
2 tablespoons of ground cinnamon  
4 tablespoons of honey (or another sweetener)  
2 tablespoons of unsalted butter, melted (or use ghee\* or coconut oil)  
1/4 cup of chopped walnuts (optional; or another nut)

\*Ghee is the pure butterfat left over after the milk solids and water are removed from butter.  
[https://balancedbites.com/…/how-to-make-clarified-butter-g…/](https://balancedbites.com/content/how-to-make-clarified-butter-ghee/?fbclid=IwAR1Hfx9ReU5UeNo4tDsB9PmFRWUyEA-TI0A5pPM-GVj3PKZUFnzQQRiW9sI) (make your own clarified butter/ghee)  
Where to buy Ghee: [https://amzn.to/2RjtFEa](https://l.facebook.com/l.php?u=https%3A%2F%2Famzn.to%2F2RjtFEa%3Ffbclid%3DIwAR165XgHRPa4IB5tPmQaqSTDOvc1wnl3iJASfP_CAKTg1KdAiHCqPhEh-_A&h=AT12uJQhDgNHyoKja0duF346-eGPkLBRK6Ov0H2rIlxbvz7tWOii4YqnNwxmbmbUzYJwRG-4yqTZbgCwcvW4pXknnZ1afktSM_1dtWHSk4te8qabn3Vt3iS5zaYAr9NCynkvx1IPgFh4a45xbIydmHU9NfJjeqQ4d6KtdjebFGg1r0rPjUCGfZDpWibo6v2ANx3YJGrF3YSBAR60FQnIOTsr9UTtjcRF8N_FzLgHW9pg8VRQ7HUWF7MkoBLl8CuIYCR7Ho3uCBvib-9mWk6aF_dNtD1ugrHPfXk6SZ3_Qh2BYk5Iw7N1I7pgZYNTXWOge0AnRHdT2UJD3X1myd0bv_bLgj-UKK8w5GN2SQVyRHP2ng7hQ_gGnGjP_Mwz4Jda4DfZmk3QM3kpyxcM9Rt3ucz2r8pQpWSJwfGBEX76Mf6Tu0KnOtwufWp24wB23PgjPe1fXtDF4jwQiTAYXGg8p4SgIkVm2emxOC7_W8tSa2b4jSUot1QMLZh3X0IyvAARLDtmfhnrCcwBTR38QlZVHmeCq8Pqy2Yq3wN4mTrF45lUTCyqlki5TjqzMiDpvRIkuGtvT_p1Mm9__T0_pCqbPGIvEtsgMeVwN0AV5mo2ejmoZHrHXyz9ytuqedXR2Mzh3g)