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# HEALTHY MUFFIN RECIPES

A free, downloadable recipe ebook from  
The Healthy Mindset Recipe Collection

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# Welcome!

*A healthy life comes from having a healthy mindset, eating healthy food, and moving your body in healthy ways. What we think & eat matters, and it's my mission to embolden women to cultivate joyful, fulfilling lives by thinking good thoughts and eating good food.*



## ABOUT ME

Hi! I'm Karen--a Certified Life Coach currently traveling the USA with my husband in our motorhome. I am super passionate about helping women change their lives by changing the way they think and by changing what they put on their plates.

The Healthy Mindset Recipe Collection is my way of easing your burden of figuring out what to eat so you can stay out of the meal planning slump!

I don't know about you, but I often find one of the hardest meals to make healthy--easily and fast--is breakfast.

Getting myself and everyone else out the door--on time--PLUS feed us all a healthy meal just seems like a lot to ask of me that early in the day! Ha!

My simple solution: muffins!

They take little time to make, last for days in the fridge, and freeze well so they are great for prepping ahead of time.

I've chosen some of my most favorite muffin recipes I've found to share with you in this ebook, and I hope that you enjoy them too!

# HOW TO USE THE EBOOK

1	<h2>STEP 1</h2> <ul style="list-style-type: none"><li>• Download/print recipes</li><li>• Save them somewhere accessible to have on hand when preparing the meals</li></ul>	
2	<h2>STEP 2</h2> <ul style="list-style-type: none"><li>• Use the done-for-you ingredient list to order your ingredients online for quick pick up or print to take with you.</li><li>• Check the list to see what you already have on hand</li></ul>	
3	<h2>STEP 3</h2> <ul style="list-style-type: none"><li>• Make your muffins!</li><li>• All of the muffins are great for freezing, so once you figure out which muffins you like, double or triple the batches so you have some on hand for future use.</li></ul>	

## INGREDIENTS

- 1/2 cup almond butter
- 3/4 cup canned pumpkin
- 1 large egg
- 1/4 cup cacao powder (or unsweetened cocoa powder)
- 2 tbsp ground flaxseed
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 cup dark chocolate chips
- softened coconut oil for greasing



# FLOURLESS CHOCOLATE PUMPKIN MUFFINS



GLUTEN/DAIRY FREE



SERVES 9



PREHEAT OVEN 375

You won't believe how moist and decadent these muffins are. They taste like you are eating dessert!

## INSTRUCTIONS

1. Grease muffin tin with softened coconut oil.
2. Add all ingredients (except chocolate chips) into a food processor and blend until the batter is smooth.
3. Stir in chocolate chips by hand.
4. Divide the batter among 9 muffin tin cavities.
5. Top with additional chocolate chips.
6. Bake for 15-18 minutes until a toothpick inserted in the center comes out clean.
7. Allow the muffins to cool for 10 minutes or more before removing from the muffin tin.
8. Enjoy!

## NOTES

- Most definitely double or triple this recipe to freeze some for later!

## INGREDIENTS

- 2 cups almond flour
- 1 cup gluten-free old-fashioned oats
- 2 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp baking soda
- 1/2 tsp fine sea salt
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 cup dark chocolate chips
- 3 eggs, beaten
- 1 zucchini, grated
- 2 carrots, grated
- 6 tbsp ghee
- 1/2 cup pure maple syrup
- 1 tsp vanilla extract
- softened coconut oil for greasing



# LOADED CARROT ZUCCHINI MUFFINS



GLUTEN/DAIRY FREE



SERVES 12



PREHEAT OVEN 350

These muffins are LOADED with flavor AND nutrition and were a top favorite during my Prepped Girl meal prep service days!

## INSTRUCTIONS

1. Grease cavities of muffin tin with coconut oil.
2. In a bowl, combine 1st 9 ingredients (almond flour-dark chocolate chips).
3. In a separate bowl, combine the rest of the ingredients (minus the coconut oil).
4. Add wet ingredients to the dry ingredients (batter will be thick).
5. Spoon the batter into the muffin tin filling to the brim.
6. Bake 25-35 minutes until toothpick inserted in center comes out clean.
7. Enjoy!

## NOTES

- These muffins are PERFECT for freezing. Save yourself time and double the recipe so you have more for later!
- I do not measure the nuts, raisins, and chips when making these...I add what looks good!

## INGREDIENTS

- 1.5 cups almond flour
- 1/2 cup arrowroot flour
- 2 tbsp coconut flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp sea salt
- 1/2 cup pepitas
- 1/2 cup sunflower seeds
- 1/2 cup shredded coconut
- 2 tbsp chia seeds
- 2 tbsp hemp seeds
- 2 carrots, grated
- 2 small apple, finely diced
- 1/2 cup dried cranberries
- 3 eggs
- 1/2 cup applesauce
- 1/2 cup maple syrup
- 1/2 cup ghee
- 1 tsp vanilla extract
- 1/2 tsp apple cider vinegar



# RISE & SHINE BREAKFAST MUFFINS

✓ GLUTEN/DAIRY FREE

✓ SERVES 12

✓ PREHEAT OVEN 350

These muffins are a bit heavy on the ingredient side of things, but they are soooooo worth it!

## INSTRUCTIONS

1. Grease muffin tin.
2. Combine flours, baking soda, cinnamon, & salt in a large bowl.
3. Add in seeds & coconut.
4. Fold in grated carrots, diced apples, and cranberries.
5. In another bowl, whisk together the eggs, applesauce, maple syrup, ghee, vanilla, and apple cider vinegar.
6. Add wet ingredients into the dry ingredients and mix well.
7. Divide the batter among 12 muffin tin cavities.
8. Bake for 25-27 minutes until toothpick in the center comes out clean.

## NOTES

- As you've guessed it by now, these muffins are also great for freezing.
- If you don't have ghee, you can substitute with butter (not dairy free) or coconut oil.

## INGREDIENTS

- 12 eggs
- 1 tsp sea salt
- 1/2 sm onion, diced
- 1/2 lb sweet Italian sausage, browned
- 1 tsp garlic powder
- 1/4 red bell pepper, diced
- 1/4 cup mushrooms, diced
- 1 cup shredded cheddar cheese
- 1/2 cup baby spinach, finely chopped

# SCRAMBLED EGG BREAKFAST MUFFINS

 GLUTEN FREE

 SERVES 12

 PREHEAT OVEN  
350

These muffins are great for grab & go breakfasts. You can even play around with the ingredients, subbing in what you like!

## INSTRUCTIONS

1. Grease muffin tin.
2. In a large mixing bowl, whisk the eggs.
3. Add in remaining ingredients.
4. Divide mixture among 12 muffin cavities.
5. Bake for 20-25 minutes until toothpick inserted into the center comes out clean..

## NOTES

- If you are not a big fan of sausage, you can substitute with ham.
- I have tried these without the cheese and did not like them as much. If you are wanting something dairy free, you can experiment with nutritional yeast.
- These muffins also freeze well!



# SWEET POTATO BACON EGG MUFFINS

## INGREDIENTS

- 12 eggs
- 1/4 cup full fat coconut milk
- 8 slices bacon, chopped
- 1 medium sweet potato, peeled & shredded
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1/2 tsp sea salt
- 1/4 tsp black pepper



GLUTEN/DAIRY FREE



SERVES 12



PREHEAT OVEN 400

These muffins have a mild flavor and are also great for grab & go breakfast options. These muffins also make for delicious, nutritious mid-day snacks!

## INSTRUCTIONS

1. Cook the chopped bacon in a skillet.
2. Remove cooked bacon with a slotted spoon reserving the bacon grease (can drain some if you have an excess)
3. Add the shredded sweet potato to the skillet and cook for 2-3 minutes until softened.
4. In a bowl, whisk together the eggs, coconut milk, & seasoning.
5. Add in the bacon and the sweet potato.
6. Grease muffin tin.
7. Divide mixture between 12 muffin cavities.
8. Bake for 10-15 minutes or until toothpick inserted into the center comes out clean.
9. Enjoy!

## NOTES

- These muffins are great for Whole30 if you use no-sugar added bacon. I like to use the Applegate brand.

# SHOPPING LIST

## PRODUCE

- 2 apples
- zucchini
- 4 carrots
- 1 red bell pepper
- 1 pint mushrooms
- 1 sm yellow onion
- 1 baby spinach
- 1 sweet potato

## SEASONING

- cinnamon
- baking soda
- nutmeg
- sea salt
- black pepper
- garlic powder
- smoked paprika
- onion powder

## DAIRY

- 31 eggs
- shredded cheddar cheese

## OTHER

- almond butter
- apple cider vinegar

## MEAT

- 1 pkg sweet Italian sausage
- 1 pkg bacon

## COOKING/BAKING

- canned pumpkin
- cacao powder
- GF old-fashioned oats
- dark chocolate chips
- coconut oil
- maple syrup
- almond flour
- coconut flour
- arrowroot flour
- full-fat coconut milk
- ghee
- chopped walnuts
- raisins
- dried cranberries
- pepitas
- sunflower seeds
- chia seeds
- hemp seeds
- shredded coconut
- maple syrup
- applesauce

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THE FOODS WE CHOOSE  
MAKE A DIFFERENCE.

- MICHAEL GREGOR





## NEXT STEPS?

Did you enjoy the sample recipes?  
Are you ready to bust your meal planning slump and make deciding what to eat for dinner each week a no-brainer?

Then it's time to join [The Healthy Mindset Recipe Collection!](#)

Benefits of joining:

✓ 20 healthy recipes sent to your inbox each month

✓ Support from a private community

✓ Time & energy savings with easy meal planning



[JOIN THE MEMBERSHIP](#)