

# 70 Scrumptious Paleo Muffin Recipes

<https://paleoflourish.com/paleo-muffin-recipes/>

This list contains the links to the recipes on the internet. We cannot write out the full recipes because they're not all our own recipes. We've indicated ingredients that each recipe contains so you know before clicking on the link if it'll work for you.

## Paleo Muffin Recipes - Chocolate Chip Muffins

### [Paleo Chocolate Chip Muffins](#)

- Paleo Flourish

**Ingredients:** almond flour, baking soda, ghee, eggs, honey, chocolate chips, vanilla extract.

### [Pumpkin Chocolate Chip Muffins](#)

- Cook Eat Paleo

**Ingredients:** almond flour, coconut sugar, cinnamon, baking soda, sea salt, eggs, pumpkin puree, ghee, apple cider vinegar, mini chocolate chips.

### [Cherry Chocolate Chip Muffins](#)

- Jan's Sushi Bar

**Ingredients:** almond flour, tapioca flour, potato starch, coconut sugar, kosher sea salt, baking soda, eggs, ghee, cherries, bittersweet chocolate chips.

### [Chocolate Chip Pumpkin Muffins](#)

- The B Keeps Us Honest

**Ingredients:** almond flour, pureed pumpkin, eggs, baking powder, baking soda, honey, almond butter, dark chocolate chips, pumpkin pie spice (optional).

### [Chocolate Chip Banana Muffins](#)

- Eating 4 Balance

**Ingredients:** carob powder, coconut oil, ground flax seed, water, bananas, honey or maple syrup, vanilla, coconut flour, almond flour, sea salt, baking soda.

### [Chunky Monkey Muffins](#)

- Paleo Parents

**Ingredients:** bananas, dates, almond butter, coconut flour, coconut oil, palm shortening, baking soda, salt, vanilla, tapioca flour or cocoa powder, dark chocolate chips or walnuts (optional).

## Paleo Muffin Recipes - Chocolate Muffins

### [Chocolate Coconut Muffins](#)

- Sarah Lynn Smile

**Ingredients:** sweet potato, coconut oil, eggs, vanilla extract, honey, coconut flour, cocoa powder, coconut flakes, cinnamon, baking powder, salt, coconut cream.

### [Double Chocolate Zucchini Muffins](#)

- A Calculated Whisk

**Ingredients:** unsalted butter, eggs, honey, coconut milk, vanilla, coconut flour, tapioca flour, almond flour, cocoa powder, baking soda, salt, zucchini, dark chocolate.

### [Flourless Chocolate Hazelnut Muffins](#)

- Living Healthy with Chocolates

**Ingredients:** hazelnuts, cacao powder, baking soda, dark chocolate chips, bananas, eggs, honey, apple cider vinegar, vanilla extract.

### [Raspberry Dark Chocolate Muffins](#)

- Jan's Sushi Bar

**Ingredients:** almond flour, tapioca flour, baking soda, coconut sugar, ghee, eggs, vanilla extract, raspberries, dark chocolate.

### [Chocolate Pumpkin Muffins](#)

- Grass Fed Girl

**Ingredients:** coconut oil, eggs, vanilla extract, pumpkin puree, maple syrup or honey, stevia, unsweetened dark chocolate, salt, coconut flour, baking soda.

### [Double Chocolate Zucchini Muffins](#)

- A Calculated Whisk

**Ingredients:** unsalted butter, eggs, honey, milk or coconut milk, vanilla, coconut flour, tapioca flour/starch, almond flour, cocoa powder, baking soda, salt, zucchini, dark chocolate.

### [Bacon Chocolate Muffins \[Contains Dairy\]](#)

- The Creative Caveman

**Ingredients:** bacon, dark chocolate, coconut flour, almond flour, baking soda, baking powder, salt, cocoa powder, crème fraiche, eggs, espresso, honey, olive oil, water.

## Paleo Muffin Recipes - Apple Muffins

### [Apple Paleo Muffins](#)

- Cook Eat Paleo

**Ingredients:** almond flour, baking soda, sea salt, cinnamon, apple, lemon juice, eggs, honey, ghee.

### [Apple Cinnamon Pork Muffins](#)

- Mealpod

**Ingredients:** ground pork, apples, onion, cinnamon, walnuts, coconut milk, white wine vinegar, almond meal, egg, applesauce.

### [Harvest Carrot-Apple Muffins](#)

- That Paleo Couple

**Ingredients:** carrot pulp, almond flour, flaxseed flour, coconut palm sugar, eggs, maple syrup, baking powder, salt, vanilla extract, cinnamon, apple, coconut oil.

### [Fall Breakfast Muffins](#)

- That Paleo Couple

**Ingredients:** almond flour, coconut flour, hazelnut flour, baking powder, salt, cinnamon, ground nutmeg, ground clove, eggs, maple syrup, ghee, coconut oil, applesauce, vanilla extract, apple, carrot, apricots, raisins, walnuts.

## **Paleo Muffin Recipes - Blueberry Muffins**

### [Easy Paleo Blueberry Muffins](#)

- Paleo Flourish

**Ingredients:** almond flour, baking soda, ghee, eggs, raw honey, blueberries, vanilla extract.

### [Banana Blueberry Muffins \[Nut-Free\]](#)

- Bakerita

**Ingredients:** bananas, eggs, coconut oil, cinnamon, baking soda, baking powder, vanilla extract, salt, blueberries.

### [Paleo Blueberry Muffins](#)

- Bravo for Paleo

**Ingredients:** almond flour, coconut flour, salt, baking soda, vanilla, coconut oil, maple syrup, coconut milk, eggs, blueberries, cinnamon.

## **Paleo Muffin Recipes - Carrot Muffins**

### [Carrot Pineapple Paleo Muffins](#)

- Cook Eat Paleo

**Ingredients:** almond flour, cinnamon, baking soda, salt, salt, eggs, honey, ghee, lemon juice, vanilla extract, carrots, pineapple.

### [Tropical Breakfast Muffins](#)

- Zenbelly

**Ingredients:** almond flour, arrowroot powder, coconut flour, baking soda, salt, shredded unsweetened coconut, pecans, orange zest, banana, carrots, pineapple, coconut oil, eggs, vanilla, apple cider vinegar, maple syrup.

### [Carrot Cake Muffins with "Cream Cheese" Frosting](#)

- Swiss Paleo

**Ingredients:** almond flour, baking soda, salt, cinnamon, medjool dates, bananas, eggs, apple cider vinegar, coconut oil, walnuts (optional), butter, coconut oil, honey, vanilla, cashew butter, lemon juice.

### [Carrot Ginger Muffins](#)

- Savory Lotus

**Ingredients:** almond flour, sea salt, baking soda, allspice, powdered ginger, clove, coconut shreds, eggs, coconut oil, maple syrup or honey, ginger, carrot, raisins.

### [Delicious Paleo Carrot Cake Muffins](#)

- Allergy Free Alaska

**Ingredients:** almond flour, coconut flour, ground cinnamon, baking soda, ground nutmeg, ground ginger, sea salt, eggs, applesauce, honey, coconut oil, vanilla extract, carrots.

## **Paleo Muffin Recipes - Banana Muffins**

### [Banana – Almond Muffins](#)

- Paleo on a Budget

**Ingredients:** bananas, almond flour, eggs, butter, vanilla, cinnamon, salt, almonds.

### [Banana Nut Muffins](#)

- Paleo Flourish

**Ingredients:** banana, eggs, almond flour, baking soda, baking powder, walnuts, ghee, honey, cinnamon, nutmeg, cloves.

### [Banana Cinnamon Muffins](#)

- Jan's Sushi Bar

**Ingredients:** almond flour, baking soda, salt, eggs, bananas, coconut sugar, cinnamon, ghee, vanilla.

### [Nutella Swirl Banana Muffins](#)

- Living Healthy with Chocolate

**Ingredients:** almond flour, baking soda, salt, bananas, honey, egg, coconut oil, vanilla extract, pecans, Nutella.

### Banana Macadamia Muffins

- Nutritious Nuffins

**Ingredients:** macadamia nuts, unsweetened coconut flakes, almond flour, coconut flour, bananas, eggs, honey, coconut oil, baking soda, sea salt, coconut water vinegar, apple cider vinegar, vanilla extract.

### Almond Butter & Banana Chocolate Protein Muffins

- Great Body & Skin

**Ingredients:** almond butter, cocoa nibs, shredded coconut, banana, cinnamon, hempseed protein powder, cream of tartar, baking powder, coconut oil.

## **Paleo Muffin Recipes - Pumpkin Muffins**

### Coconut Pumpkin Muffins

- Paleo On A Budget

**Ingredients:** pumpkin puree, eggs, olive oil, coconut flour, vanilla, cinnamon, honey, water, shredded coconut, raisins, salt.

### Pumpkin Pie Banana Nut Muffins

- Fed and Fit

**Ingredients:** banana, pumpkin, eggs, maple syrup, coconut oil, lemon juice, vanilla extract, almond flour, coconut flour, pumpkin pie spice, baking soda, pecans.

### Pumpkin-Berry Muffins

- Bi-polar Paleo

**Ingredients:** almond meal/flour, hazelnut meal, coconut flour, flax meal, flax seeds, pumpkin pie spice, baking soda, nutmeg, powdered ginger, salt, pumpkin puree, eggs, coconut oil, agave or honey, walnuts, blueberries, dark chocolate bar.

### Pumpkin Protein Muffins

- Health Easy

**Ingredients:** pumpkin puree, vanilla protein powder, arrowroot starch, baking powder, cinnamon or pumpkin pie spice, egg.

## **Paleo Muffin Recipes - Egg Muffins**

### Kale and Chives Egg Muffins

- Paleo Flourish

**Ingredients:** eggs, almond or coconut milk, kale, chives, salt, pepper, prosciutto.

### [Paleo Breakfast Muffins \(Whole30 Approved\)](#)

- Gal On A Mission

**Ingredients:** eggs, ground breakfast sausage, red/green/yellow pepper, kale, pepper.

### [Power Breakfast Egg Meat Muffins](#)

- The Healthy Foodie

**Ingredients:** ground beef, beef liver, almond meal, onion, garlic, capers, smoked paprika, Dijon mustard, chipotle powder, salt, black pepper, ground Chinese five spice, onion powder, garlic powder, parsley, eggs, bacon.

### [Egg Muffins with Onion Salami & Halloumi \[Contains Dairy\]](#)

- Eat Drink Paleo

**Ingredients:** eggs, salami, halloumi cheese, white onion, salt, pepper, olive oil.

### [Omelet Muffins](#)

- Lauren Lately

**Ingredients:** eggs, bacon, green bell pepper, green onions, zucchini.

### [Carrot Bacon Egg Muffins](#)

- Paleo Flourish

**Ingredients:** eggs, coconut cream, carrots, bacon bits, bacon fat.

## **Other Sweet Paleo Muffin Recipes**

### [Mulberry Chip Mini Muffins](#)

- Cavegirl Cuisine

**Ingredients:** organic mulberry, coconut flour, eggs, banana, salt, ground allspice, vanilla, baking powder, sunflower seeds, maple syrup, unsweetened applesauce, orange juice, dark chocolate chips.

### [Lemon Chia Seed Muffins](#)

- Slim Palate

**Ingredients:** coconut flour, chia seeds, baking soda, lemon zest, vanilla extract, lemon juice, apple cider vinegar, almond milk, honey, coconut oil.

### [Easy Black Raspberry Coconut Flour Muffins With Vanilla Maple Glaze](#)

- Primally Inspired

**Ingredients:** eggs, banana, coconut oil or butter, honey, vanilla extract, coconut flour, baking soda or baking powder, salt, black raspberries, coconut cream, cinnamon.

### [Cranberry Muffins](#)

- A Girl Worth Saving

**Ingredients:** cranberry sauce, whole almonds, coconut milk, baking soda, eggs.

### [Pear Cardamom Muffins](#)

- Zenbelly

**Ingredients:** pears, eggs, palm shortening, honey, almond flour, arrowroot flour, coconut flour, baking soda, cardamom, cinnamon, salt.

### [Paleo Lemon Poppy Seed Muffins](#)

- A Girl Worth Saving

**Ingredients:** coconut flour, poppy seeds, baking soda, coconut oil or butter, honey, vanilla extract, lemon, eggs, milk.

### [Paleo Persimmon Walnut Mini Muffins](#)

- Fed and Fit

**Ingredients:** almond meal, persimmons, walnuts, salt, baking soda, cinnamon, honey, coconut oil, almond extract, egg, water.

### [Fresh Peach Paleo Muffins](#)

- Cook Eat Paleo

**Ingredients:** peaches, almond flour, baking soda, salt, eggs, ghee, honey, lemon juice.

### [Sour Cherry Streusel Muffins](#)

- Jan's Sushi Bar

**Ingredients:** almond flour, tapioca flour, potato flour, coconut sugar, kosher sea salt, baking soda, eggs, ghee, sour cherries, pecans, unsweetened shredded coconut, cinnamon, ground mace.

### [Pear Cardamom Muffins](#)

- Zenbelly

**Ingredients:** pears, eggs, palm shortening, honey, almond flour, arrowroot flour, coconut flour, baking soda, cardamom, cinnamon, salt.

### [Raspberry Almond Muffins](#)

- Holly Would If She Could

**Ingredients:** eggs, honey, vanilla, butter, coconut flour, baking soda, banana, raspberries, almonds.

### [Peach Coconut Almond Flour Muffins](#)

- Running to the Kitchen

**Ingredients:** almond flour, coconut flour, coconut flakes, cinnamon, baking soda, salt, eggs, coconut oil, banana, applesauce, vanilla extract, peaches.

### [Paleo Cranberry Orange Muffins](#)

- Paleo Flourish

**Ingredients:** almond flour, baking soda, ghee, eggs, orange juice, dried cranberry, orange zest.

### [Strawberry Muffins](#)

- Guilty Kitchen

**Ingredients:** coconut flour, arrowroot starch/flour, cinnamon, sea salt, baking soda, baking powder, coconut sugar, dried strawberries, eggs, apple cider vinegar, coconut oil, maple syrup, vanilla extract, coconut milk.

### [Strawberry & White Chocolate Muffins](#)

- An Aussie with Crohns

**Ingredients:** banana, coconut oil, cacao butter, honey, almond flour, coconut flour, baking soda, vanilla powder, eggs, strawberries.

### [Lemon Poppy Paleo Muffins](#)

- Cook Eat Paleo

**Ingredients:** eggs, lemon juice, ghee, honey, vanilla extract, salt, coconut flour, baking soda, poppy seeds.

### [Zucchini-Currant Muffins](#)

- Jan's Sushi Bar

**Ingredients:** almond flour, tapioca flour, potato flour, kosher salt, baking soda, coconut sugar, cinnamon, nutmeg, eggs, butter, coconut milk, vanilla extract, zucchini, currants.

### [Raichini Muffins](#)

- Paleo Parents

**Ingredients:** applesauce, honey, coconut oil, eggs, vanilla, almond flour, baking soda, zucchini, raisin.

## **Other Savory Paleo Muffin Recipes**

### [Avocado & Bacon Muffins](#)

- An Aussie with Crohns

**Ingredients:** onion, bacon rashers, eggs, avocado, coconut milk, coconut flour, baking soda, salt, pepper.



### Meat & Spinach Muffins

- Mel Joulwan's Well Fed

**Ingredients:** spinach, coconut oil, onion, ground beef, garlic, salt, black pepper, cayenne pepper, eggs.

### Grain Free Cheesy Oregano Muffins [Contains Dairy]

- Living Healthy with Chocolate

**Ingredients:** almond flour, baking soda, dried oregano, salt, pepper, parmesan cheese, egg, olive oil, coconut milk, cheddar cheese.

### Zucchini Ham & Sun-dried Tomato Savoury Muffins

- Eat Drink Paleo

**Ingredients:** tapioca flour, coconut flour, almond meal, eggs, virgin olive oil, water, salt, garlic powder, baking soda, baking powder, zucchini, ham, sun dried tomatoes.

### Bacon Lemon Thyme Breakfast Muffins

- Paleo Flourish

**Ingredients:** almond flour, bacon bits, ghee, eggs, lemon thyme, baking soda, salt.

### Zucchini & Sun-Dried Tomato Muffins

- Eat Drink Paleo

**Ingredients:** coconut oil, zucchini, sun dried tomatoes, clove garlic, pumpkin seeds, eggs, flaxseed, tapioca flour, onion powder, salt, baking powder.

### Herb Muffins

- Grass Fed Girl

**Ingredients:** coconut milk, coconut flour, eggs, baking soda, Herbs de Provence, salt.

### Vivica's Magic Meat Muffins

- The Nourished Caveman

**Ingredients:** mushrooms, egg yolks, ground beef, coconut aminos, coconut flour, salt.

### Pizza Muffins

- Paleo Running Momma

**Ingredients:** pork sausage, garlic, red pepper, tomatoes, Italian seasoning blend, onion powder, eggs, sea salt, coconut oil.

### BBQ Stud Muffins

- Cave Girl Cuisine

**Ingredients:** ground beef, egg, almond meal, carrot, green onions, sea salt, garlic powder, lemongrass, chili powder, BBQ sauce.

### Buffalo Chicken Egg Muffins

- Balanced Bites

**Ingredients:** chicken thighs, garlic powder, sea salt, black pepper, Tessemae's Wing sauce, eggs, green onion.