Apple Cinnamon Cakes

- 1 cup oats
- 1 cup baking flour (King Arthur Brand)
- 2 whole eggs
- ½ cup coconut sugar
- 3 tbsp honey
- 1 tsp baking powder
- 2 small Fuji apples (peeled and diced)
- ¼ cup walnuts
- 1 tbsp cinnamon
- 1 tsp nutmeg
- ½ cup vegetable shortening (Spectrum brand) you may substitute coconut oil or apple sauce but may be more dry

Preheat oven to 350. Blend all dry ingredients then add in wet ingredients. Mix well. Fill prepared and lined cupcake tin. Bake 12 min.