



Orange Spice Muffins

Just the right blend of pumpkin pie spices with a hint of orange!

Makes 12 regular muffins or donuts or 48 mini muffins.

6 eggs
4 Tbs. SCD legal orange juice concentrate, no water added
4 Tbs. SCD yogurt
1 tsp. sugar-free vanilla
1/2 c. honey
1/4 c. raisins or chopped dates
1/2 c. coconut flour, lightly stirred
3 tsp. cinnamon
1 tsp. nutmeg
1/4 tsp. cloves
1/2 tsp. *each*; salt and baking soda
4 Tbs. orange zest, finely grated
1 c. pecans, finely chopped, plus more to sprinkle onto tops, if desired

Blend eggs, orange juice concentrate, yogurt, vanilla, honey and raisins or dates.

Combine coconut flour, cinnamon, nutmeg, cloves, salt and baking soda. Whisk into wet ingredients until there are no more lumps. Fold in zest and one cup pecans.

Divide between 12 paper lined muffin cups or well oiled donut shapes or place one tablespoon batter into each well oiled mini muffin cup. Bake at 325 degrees for 18-20 minutes or until a toothpick inserted in the center comes out clean.

Buttercream Icing

Beat until fluffy:

3/4 c. palm shortening
1/4 c. softened butter
1/3 to 1/2 c. honey
1-1/2 tsp. sugar-free vanilla

A few tips:

- I have done fine with the 100% orange juice concentrate at Costco. Trader Joe's has also worked fine for me in the past. If you want to play it safe, replace orange juice concentrate with 4 Tbs. additional yogurt and 2 more Tbs. orange zest.
- I found palm shortening at Sprout's. It was our first time cooking with it, and the icing is so light and fluffy!
- Use any vanilla containing vanilla, alcohol, and water only. Avoid the sugar if you are on the SCD.
- I used Trader Joe's roasted unsalted chopped pecans.