

Orange Pistachio Spiced Muffins

Ingredients

Muffins

1 cup almond flour
½ cup coconut flour
1 tsp cinnamon
1 tsp baking soda
½ tsp salt
½ tsp nutmeg
¼ tsp allspice
½ cup golden raisins
1 cup SCD yogurt
½ cup honey
½ cup vegetable oil
2 eggs

Topping

½ cup pistachios, shelled and chpped
2 tbsp honey
Finely grated peel of 1 large orange

Directions

1. Preheat oven to 400F
2. Whisk together flours, cinnamon, baking soda, salt, nutmeg and allspice
3. Stir in raisins
4. In a separate bowl blend together yogurt with ½ cup heated honey, oil and eggs
5. Stir flour mixture into yogurt mixture until combined
6. Spoon into muffin cups
7. In a small bowl, stir pistachios, 2 tbsp honey and orange peel together
8. Bake muffins for 10 minutes
9. Remove muffins briefly and top with pistachio mixture.
10. Place back into oven for another 10 minutes or until fully cooked

Serves 12