

Orange Spice Muffins with Buttercream Icing

Makes 12 regular muffins or donuts or 48 mini muffins

Ingredients:

- 6 eggs
- 4 Tbs. SCD legal orange juice concentrate, no water added
- 4 Tbs. homemade SCD yogurt
- 1 tsp. sugar-free vanilla
- ½ c. honey
- ¼ c. raisins or chopped dates
- ½ c. coconut flour, lightly stirred
- 3 tsp. cinnamon
- 1 tsp. nutmeg
- ¼ tsp. cloves
- ½ 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



Instructions

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

Combine coconut flour, cinnamon, nutmeg, cloves, salt and baking soda. Whisk into wet ingredients until there are no more lumps. Fold in zest and 1 cup pecans.

Divide between 12 paper lined muffin cups or well oiled donut shapes or place 1 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:

- ¾ c. palm shortening
- ¼ c. softened butter
- 1/3 to ½ c. honey
- 1-1/2 tsp. vanilla

