

Peanut Butter Muffins

24 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Butter (Melted)
4 eas Egg
1 cup Raw Honey
2 cups All Natural Peanut Butter
1 tsp Baking Soda
1 tbsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	199	Iron	1mg
Fat	14g	Vitamin D	0IU
Carbs	16g	Folate	23µg
Fiber	1g	Magnesium	37mg
Protein	6g	Zinc	1mg
Vitamin C	0mg		

DIRECTIONS

- 01 Line 2 muffin pans with paper liners and preheat oven to 350 F.
- 02 In a large bowl or food processor, mix all ingredients until the batter is smooth and shiny.
- 03 If using chopped nuts, mix in by hand.
- 04 Fill each muffin tin 2/3 full and bake for 18-20 minutes.

NOTES

RECIPE ID 803

BAKING NOTE

The muffins will rise nicely when baking but fall when cooled.

OPTIONAL FLAVOR

You can also add 1 cup SCD approved chopped nuts or 1/4 cup melted cocoa butter for more flavor.

MAKE IT A LOAF

If you'd like to make a loaf of bread vs muffins, use a 8x8 pan and cook for 20-25 minutes.

SOURCE

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