Paleo Raspberry Orange Muffins

These muffins are easy, delicious, and nutritious.

Yield: 12 tall or 14 to 16 regular muffins

Ingredients

- 2¼ cups + 1 tablespoon (300 g) Pamela's Grain-Free Pancake Mix
- 3 eggs, large
- ⅔ cup maple syrup or honey
- 2 teaspoons vanilla
- 1 teaspoon orange extract
- ½ cup full-fat coconut milk, from a can that has been shaken well
- Zest of 1 orange (optional)
- ½ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¾ teaspoon nutmeg
- 1 cup fresh raspberries, cut or torn in half

Directions

Preheat oven to 400°, with rack in center. Line standard muffin pan with cupcake liners; for tall muffins, use jumbo cupcake liners. Spray with nonstick cooking spray and set aside.

Put Grain-Free Pancake Mix into bowl of food processor or strong blender and mix for a minute or two; this will make flour finer for a lighter muffin.

In a large bowl, thoroughly mix together eggs, maple syrup or honey, vanilla, orange extract, coconut milk, and orange zest, if using.

In a medium bowl, whisk together Grain-Free Pancake Mix, salt, baking powder, baking soda, and nutmeg. Add to egg mixture and stir until just evenly mixed, then carefully fold in the raspberries.

Fill standard muffin cups about two-thirds full; for tall muffins, fill jumbo liners until batter reaches level just above top of muffin pan.

Bake for 16 to 20 minutes until firm to the touch and a tooth pick comes out clean. Cool on a rack until cool enough to handle.

NOTE: Muffins made with maple syrup are sweeter than those made with honey.