

## Almond Muffins

1 ½ cups raw almonds  
¼ cup maple syrup  
3 eggs  
1 teaspoon vanilla extract  
¼ teaspoon salt  
Zest of one lemon or orange, optional  
Preheat oven to 375 degrees.

In a blender, grind almonds until flour-like consistency; use a spatula to scrape sides if it becomes sticky. Combine maple syrup, eggs, vanilla and salt in a small bowl; mix well. While blender is grinding almonds, slowly pour the liquid mixture in; continue to blend until well-combined (this is the key to a good nut muffin: blend, blend, blend).

Pour into buttered muffin pan. Bake 11 minutes, until golden brown. Makes about ½ dozen standard size muffins.

\*\*\*For an almond torte, line an 8-inch spring form pan with parchment paper. Bake 25-30 minutes or until golden brown and center is firm and jiggle free. Serve with whipped cream and seasonal berries.

\*\*\*You may also experiment with different combinations of nuts. I particularly like 1 cup almonds, ¼ cup walnuts, and ¼ cup pecans. Brazil nuts are a nice addition, too, rich in minerals. Mmmmm....



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