

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Peach Crisp Muffins

From [www.cookingTF.com](http://www.cookingTF.com)

2 ½ cups blanched almond flour  
½ tsp baking soda  
¾ tsp ground cinnamon, divided  
¼ tsp sea salt  
3 large eggs  
⅓ cup honey  
3 Tbs coconut oil, melted  
1 Tbs vanilla extract  
½ cup finely chopped peaches  
¼ cup of finely chopped crispy nuts\*  
1 Tbs coconut sugar or sucanat

1. Preheat the oven to 300°. Line a muffin tin with 10 baking cups.
2. In a bowl, mix flour, soda, ½ tsp cinnamon and salt.
3. In a large bowl, whisk together eggs, honey, coconut oil and vanilla. Add dry ingredients to wet and whisk until well combined.
4. In another small bowl, mix together the peaches, nuts, sugar and remaining ¼ tsp cinnamon.
5. Add one spoonful of batter to prepared muffin cups. Lift muffin pan with both hands and evenly tap bottom of the pan on the counter to flatten batter. Then add a spoonful of the peach mixture. Top with another spoonful of batter, and smooth it out with the back of the spoon. Top with remaining peach mixture.
6. Bake 25-28 minutes, until muffins are slightly brown and a toothpick inserted in the center comes out clean.

### How to make crispy nuts:

Makes 4 cups

4 cups pecans (or walnut halves and pieces)  
2 tsp sea salt  
Filtered water

1. Mix pecans with salt and filtered water and leave in a warm place for at least 7 hours or overnight.
2. Drain in a colander.
3. Spread pecans on a stainless steel baking pan and place in a warm oven (no more than 150°) for 12 to 24 hours, turning occasionally, until completely dry and crisp.
4. Store in an airtight container.