



## Sugar Free Peanut Butter Muffins

*\*Note that some vanilla milks have a form of sugar in them. If you use a plain milk you can try adding 1/4 - 1/2 tsp pure vanilla extract for a little extra flavor.*

### **Substitutions**

You can use any kind of natural nut butter in these muffins such as almond, cashew or hazelnut in place of the peanut butter for a different taste or in case of allergies. You can also use any type of molasses in place of the honey. Try blackstrap molasses for an extra boost of iron!

### **INGREDIENTS**

- 2 cups whole wheat pastry flour
- 1 tbsp baking powder
- 1/3 cup natural peanut butter
- 1/3 cup honey
- 1/4 cup oil
- 1 1/4 cups original or vanilla\* soy, almond or rice milk

Stir flour and baking powder in a bowl, set aside. Mix peanut butter, oil, honey and milk in a separate large bowl until smooth.

Add dry mixture to the liquid mixture and stir with minimal strokes, do not beat.

Batter will be a little lumpy looking. Line 12 muffin tins with paper (or grease and flour) and fill about two thirds full.

Bake in a preheated 350° F oven for 20 - 25 minutes, until toothpick inserted in center comes out clean.

*lillyella*  
UNIQUELY YOU