

## **Pecan Pie Muffins**

(Whole 30, Paleo)

### **Shopping List:**

Yields: 9 muffins

- 1 cup raw pecans, chopped
- 1 cup almond flour
- 3/4 cup coconut sugar (you may want to use 1/2 cup or less to reduce the sweetness)
- 1/4 tsp. salt
- 2 eggs, room temperature
- 1/3 cup coconut oil at room temperature
- 1 tbsp. molasses

### **Directions:**

Preheat the oven to 325 \*F. Add all of the ingredients to a large mixing bowl and using a [hand mixer](#), blend the ingredients until thoroughly combined. Add the batter evenly to 9 muffin cups in a [non-stick muffin pan](#). If you use a regular muffin pan, make sure to coat the muffin cups with a [coconut oil baking spray](#). Bake for 25 minutes. Allow them to cool for about 10 minutes before serving. This allows the muffin to continue firming up a little bit in the middle.