



## Peanut Butter Muffins

- 3 eggs
- 1 Tbsp. coconut oil
- 5 Tbsp. sucanat or brown sugar
- ¼ cup natural peanut butter
- ¼ tsp. salt
- ¼ tsp. vanilla
- ¼ cup sifted coconut flour
- ¼ tsp. baking powder

Blend together eggs, oil, sugar, peanut butter, salt, and vanilla. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Pour into greased muffin cups. Bake at 400 degrees F (205 C) for 15 minutes. Makes 6 muffins. *Courtesy of Dr. Bruce Fife.*

***South Pacific Trading Company***  
***Life is short. Drink it in.***



**15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523**  
**Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ [www.SouthPacificTrading.com](http://www.SouthPacificTrading.com)**