



Healthy Lemon Pistacio Corn Muffins

Ingredients

1/4 cup pistachios, divided
1 large eggs
3/8 cup Greek yogurt
2 T almond milk
1 1/2 teaspoons lemon juice
Zest of 1/2 lemon
1 rounded Tablespoon coconut oil, melted and cooled
3/8 cup whole wheat pastry flour
3/4 cups yellow cornmeal
1/8 cup granulated sugar
1/8 cup Stevia
1/2 teaspoon salt
1 teaspoons baking powder

In the bowl of of a food processor, pulse the pistachios until they are coarsely chop. Remove half of the coarse pistachios and set aside. Continue to process the rest of the pistachios until they are almost powdery but not a superfine dust.

Preheat the oven to 400 degrees F. Lightly spray each cup of a standard 6-cup muffin pan with a little bit of vegetable spray and use a paper towel to spread the oil evenly along the bottom and sides of each cup.

In a medium bowl, lightly whisk the eggs. Add the Greek yogurt, almond milk, lemon juice, lemon zest, and coconut oil and whisk again until combined. Set aside.

In a large bowl, whisk together flour, cornmeal, sugar, salt, the powdery (not the coarse) pistachios, salt, and baking powder. Make a well in the middle of the dry ingredients, pour the wet ingredients into the well, and fold the dry into the wet until just mixed.

Fill each muffin cup about three quarters full. Sprinkle the tops with the coarse pistachios and tap the bottom of the pan against the counter to level the batter. Bake for 12 to 15 minutes, or until the tops are golden brown and a toothpick inserted in the center comes out clean. Transfer the pan to a wire rack to cool for 10 – 15 minutes. Pop the muffins out while they're still warm, and serve immediately.

Leftover muffins will keep, wrapped tightly in plastic wrap, for up to 36 hours.

