**Lemon Cranberry Pecan Mini-Muffins *(S)***  
*Makes 36 gluten-free, no-sugar mini-muffins or 12 regular muffins.*

No sugar; gluten-free

* 1 cup almond flour *(I prefer Honeyville Farms brand)*
* 1/2 tsp. salt
* 1 cup ground golden flax seeds *(golden flax meal; I grind golden flax seeds in a clean coffee grinder)*
* 2 Tbsp. coconut flour
* 2 tsp. aluminum-free baking powder
* 1 cup powdered Swerve Sweetener/Truvia/erythritol/xylitol *(I powder my sweeteners in a clean, small coffee grinder)*
* 3 large eggs
* 1/4 cup melted coconut oil
* 1 tsp. vanilla extract *(learn how to make your own* [***here***](http://www.joyinourjourney.com/1/post/2010/06/homemade-vanilla.html)*!)*
* 1/2 tsp. lemon extract
* 3/4 cup almond milk
* 2 Tbsp. finely grated lemon zest
* 1 cup fresh or frozen cranberries, chopped and tossed in 2 Tbsp. erythritol or Truvia/Swerve/xylitol
* 1/2 cup pecans, chopped *(or walnuts)*
* additional granulated sweetener for tops of muffins *(optional)*

   Preheat oven to 350° F.  Lightly spray muffin pans with coconut oil spray and set aside.  Chop cranberries and nuts and set aside, along with 2 Tbsp. lemon zest.  
  
    In a large bowl, whisk together almond flour, ground flax, coconut flour, baking powder, salt, and 1 cup of sweetener until combined.  
  
    In a separate medium bowl, combine eggs, melted coconut oil, vanilla, lemon extract, almond milk, and lemon zest until combined.  Add wet mixture to dry mixture and stir until just combined.  Fold in the cranberries and the nuts.  Spoon batter into greased muffin tins, filling ¾ full.  If desired, sprinkle tops of each muffin with granulated sweetener.    
  
    Bake for 22-28 minutes (regular muffins) or 18-22 minutes for mini-muffins, or until a toothpick inserted in the center of muffins comes out clean.  Cool 5-8 minutes in pan atop wire rack; flip muffin pan and remove muffins from pan onto wire rack.  Cool completely on wire rack.  Once cool, store in tightly sealed container.

**Orange Cranberry Pecan (or Walnut) Muffins:**

* Substitute 1/2 tsp. orange extract in place of the lemon extract
* Substitute 2 Tbsp. grated orange zest in place of the lemon zest

**Creamy Lemon or Orange Spread:** ***(optional)***

* 8 oz. “1/3 less fat” or regular cream cheese, softened
* 1 Tbsp. lemon juice or orange juice
* 1 tsp. grated lemon or orange peel
* 1 Tbsp. powdered erythritol/Swerve/xylitol/Truvia/sweetener of your choice

In a small bowl, combine all ingredients until well blended.  Cover and chill.  Serve with muffins.