

Orange Blossom Muffins with Raw Cashew Cream

ROOSTBLOG.COM - THIS RAW, UNSWEETENED ICING IS A GREAT SUBSTITUTE ON BIRTHDAY CAKES, ETC.

Heat the coconut milk and honey in a saucepan until hot and incorporated. Remove from heat and stir in the coconut oil until melted. Place mixture in a jar or bowl and place in the freezer for about 35-45 minutes or until the frosting/cream has thickened. If it is too frozen just leave it on the counter for several minutes until it is spreadable.

For the cupcakes:

- 3 cups almond flour
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/4 cup warmed coconut oil (DO NOT warm in microwave, I usually boil some water, turn off heat and set a glass bowl with the oil in it and allow to melt)
- 1/2 cup honey
- 1/2 TBS orange blossom water (you can usually find this in the baking aisle next to the rose water, sometimes I have seen it on the drink mixer aisle)
- 2 eggs
- zest from 1 orange

Preheat oven to 325F. Combine dry ingredients. Combine wet ingredients in a separate bowl. Mix dry and wet until well incorporated. Line a muffin tin with 10 cupcake liners and pour batter in each cup. Bake for 20-25 minutes or until golden brown.

For the cashew cream:

- 2 cups raw cashews, soaked for 3 hours, drained and rinsed
- juice from 3 lemons
- 4 dates, pits removed
- 1 TBS coconut oil (this does not need to be warmed just scoop it right out of the jar)
- 1 tsp vanilla extract

- 1/4 tsp salt
- orange juice

Place all ingredients in a high speed blender (a rinky dink blender will not do the trick!) and blend until you have a very smooth consistency. Add more OJ if you need to thin it out. Spread cream on top of each cupcake and enjoy!