

Pumpkin Spiced Muffins



In cooking up some fresh pumpkin for my son, my step daughter and I decided to be creative in the kitchen! Who doesn't love a beautifully spiced pumpkin recipe?

So this is what we came up with! And man oh man did they turn out awesome! Gluten, dairy, and nut-free ☐

Ingredients:

- 4 eggs
- 3/4 cup melted coconut oil
- 1 1/2 tsp vanilla
- 2 cups coconut sugar
- 3 cups fresh or canned pumpkin puree
- 1 3/4 cup oat flour
- 1/4 cup + 2 tbsp coconut flour
- 1/4 cup arrow root flour
- 3 tbsp ground flax
- 5 tbsp hemp hearts
- 2 tsp baking soda
- 1 tbsp cinnamon
- 3/4 tsp nutmeg
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1 tsp sea salt
- dairy-free chocolate chips (*Optional)
- chopped Pecans (*Optional)

Directions:

Heat oven to 375F. Whisk together eggs, coconut oil, vanilla and coconut sugar in a large mixing bowl. Once combined, stir in the pureed pumpkin.

Mix remaining dry ingredients in a separate bowl. Add dry ingredients to wet ingredients and stir well. Allow batter to sit for approximately 10 minutes to allow the coconut flour to absorb some of the liquid. Scoop into greased muffin liners to about 3/4 full. Top with chocolate chips or chopped pecans (optional). Bake for 20-25 minutes or until golden brown and toothpick comes out clean.

Tips & Ideas:

These freeze excellent!