



cara price

PUMPKIN MUFFINS

INGREDIENTS

dry ingredients

1 cup almond flour
1/4 cup coconut flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg

wet ingredients

2 eggs
1/2 cup maple syrup
1/2 cup pumpkin puree
1/4 cup walnut or avocado oil
1 teaspoon vanilla

optional add ins: 1/3 cup mini chocolate chips or 1/3 cup chopped pecan pieces

DIRECTIONS

preheat the oven to 350° and line a muffin pan with paper baking cups.

in a medium bowl, whisk together eggs, maple syrup, pumpkin puree, oil & vanilla.

in a small bowl, mix together almond flour, coconut flour, baking powder, baking soda, salt, cinnamon, ginger & nutmeg.

add the dry ingredients into the wet ingredients & whisk until completely smooth. If using, fold in the chocolate chips or pecan pieces* & stir well.

divide batter evenly among lined muffin cups. bake 15-18 minutes, until a toothpick inserted into the middle of the muffin comes out clean.

allow to cool about 5 minutes in the pan, then transfer the muffins to a cooling rack.

*If you would like to use both the chocolate chips & the pecan pieces in muffins, only use 1/4 cup of each.