

# PUMPKIN MUFFINS

---

## INGREDIENTS

---

2 cups almond flour	2 large eggs
1/4 cup coconut flour	1/4-1/2 cup maple syrup
1 tsp baking soda	1/4 cup melted Golden Barrel Coconut Oil
1 tsp cinnamon	1 teaspoon vanilla extract
1 1/2 tsp pumpkin pie spice	1/2 cup chocolate chips (optional)
1/2 teaspoon salt	
3/4 cup canned pumpkin puree	

## PROCEDURE

---

Preheat oven to 350 and line a muffin tin with liners.

In a large bowl, combine the almond flour, coconut flour, baking soda, cinnamon, pumpkin spice, and salt. Stir and break up any large clumps.

Add in the pumpkin, eggs, maple syrup, coconut oil, and vanilla. Stir well until completely mixed and no dry spots remain.

Fold in the chocolate chips if desired.

Scoop into muffin tin, making sure each one is as even as possible.

Bake for 20-23 minutes, until a toothpick inserted in the center comes out clean.

Store in the fridge if not eaten within 24 hours.