

Pumpkin Chocolate Chip Muffins

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup coconut flour*
- 2.5 tsp of pumpkin spice or better yet combine the following: 1 1/2 tsp cinnamon, 1/2 tsp nutmeg, 1/4 tsp ground ginger, 1/4 tsp ground cloves -- that's what I did :)
- 2 tsp baking powder
- 1/4 tsp fine sea salt
- 2/3 cup pumpkin puree
- 1/2 cup maple syrup
- 1/2 cup coconut oil, melted
- 6 small eggs, whisked
- 2 tsp vanilla extract
- 1/2 cup chocolate chips

Instructions:

1. Combine all the dry ingredients (excluding the chocolate chips) in a large mixing bowl. In a separate bowl, whisk together the wet ingredients.
2. Then add the wet to the dry ingredients. Fold in chocolate chips.
3. Place batter into muffin tin cups.
4. Bake at 350 degrees F for 35 minutes or until a fork inserted into the middle of the muffin comes out clean.
5. Makes 15 muffins. Or 12 if you make them larger.

Notes:

*Yes this is correct. Coconut flour is extremely absorbent! If you wish to double this recipe, you can do it without doubling the eggs and simply just add a bit more water to the batter till you get a muffin texture. I added about 4-6 tbsp water when I double the rest of the ingredients. I also don't double the maple syrup and it turns out great! I use some stevia instead.