



Chocolate Pumpkin Muffins

12 servings

35 minutes

Ingredients

7 grams Ground Flax Seed
44 milliliters Water
245 grams Pureed Pumpkin
60 milliliters Oat Milk
48 grams Coconut Sugar
59 milliliters Coconut Oil
162 grams Oat Flour
43 grams Cocoa Powder
3 grams Pumpkin Pie Spice
5 grams Baking Powder
2 grams Baking Soda
2 grams Sea Salt
120 grams Dark Chocolate Chips
(optional)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a large bowl combine the ground flax and water. Let it sit for five minutes or until thickened.
- 3 To the same bowl, add the pumpkin, oat milk, coconut sugar, and coconut oil. Mix until smooth. Then add the oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt. Stir well until combined. Fold in the chocolate chips, if using.
- 4 Fill each muffin liner about 3/4 full and place in the oven to bake for 22 to 25 minutes, until cooked through. Remove from the oven and let cool before serving or storing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size: One serving is equal to one muffin.

No Oat Milk: Use almond milk.

Additional Toppings: Chopped pecans or walnuts.