



## Pumpkin Muffins

12 servings

40 minutes

### Ingredients

13 grams Ground Flax Seed  
74 milliliters Water  
80 milliliters Unsweetened Almond Milk  
5 milliliters Apple Cider Vinegar  
182 grams Oat Flour  
112 grams Almond Flour  
5 grams Baking Soda  
2 grams Baking Powder  
2 grams Pumpkin Pie Spice  
2 grams Sea Salt  
245 grams Pureed Pumpkin  
160 grams Maple Syrup  
30 milliliters Coconut Oil (melted)  
60 grams Walnuts (roughly chopped)

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 4 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5 Remove from oven and let cool before serving or storing. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge 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 Walnuts:** Use chocolate chips instead of walnuts.