

# Gluten-Free Pumpkin Pie Muffins



## TOTAL TIME

45 MINUTES

## INGREDIENTS

1/4 cup melted butter (or coconut oil)

6 eggs

1 teaspoon sea salt

2 teaspoons cinnamon

1 teaspoon ground cloves

1 teaspoon nutmeg

2 1/4 cups almond flour

1 1/2 cups pumpkin puree

1/2 teaspoon baking soda

1/2 cup honey

Coconut oil or melted butter to coat muffin tin.

## METHOD

Preheat your oven to 300. Coat muffin tin with coconut oil or melted butter, set aside. Beat butter, eggs, salt, cinnamon, cloves, and nutmeg together in a bowl or stand mixer. Make sure the butter is not hot when mixing (you don't want it to cook the eggs!). Add the remaining ingredients and mix well. Spoon into the muffin cups filling just to the brim. These muffins will not rise much, so make sure the cups are full. Bake in the oven for 30 minutes or until a knife inserted in the middle comes out clean. Serve warm with coffee or cold for breakfast.

Enjoy!



NAPTME

  
Theologian