

Pumpkin Nut Muffins

Stephanie Collins
(Paleo friendly)

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| ½ cup coconut flour (<i>I had to find this at a specialty store</i>) | 6 eggs, beaten |
| ½ tsp. baking soda | 4 Tbsp. coconut oil or butter, gently melted |
| ½ tsp. salt | ⅓ cup pure maple syrup, preferably Grade B or less, or honey |
| 1 tsp. ground cinnamon | 1 tsp. vanilla extract |
| ½ tsp. ground nutmeg | ¼ cup chopped pecans, optional |
| 2 tsp. pumpkin pie spice | ¾ cup dark chocolate chips |
| ½ cup cooked puréed pumpkin (<i>I use canned</i>) | |

Preheat oven to 400°. Grease muffin pans very well or use aluminum liners. Paper liners do not work. Sift coconut flour, baking soda, salt, and spices into a small bowl. Stir to blend well and set aside. Place pumpkin purée in a medium bowl. One by one, crack the eggs into the bowl, mixing well with the pumpkin purée after each egg. Add melted coconut oil or butter, maple syrup, and vanilla extract; mix thoroughly. Add flour mixture to egg mixture and blend well with a whisk until most of the floury lumps have disappeared, but don't stir more than necessary to blend.

Gently fold in pecans and chocolate chips. Spoon into greased muffin pan to two-thirds full. Bake for 18 to 20 minutes or until lightly golden brown and toothpick is clean. Turn out onto wire rack and cool.