

High-Protein Muffins



INGREDIENTS:

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| 1 cup homemade or canned pumpkin puree | 1/2 tsp baking soda |
| 4 eggs | 1 tbsp ground cinnamon |
| 1/3 cup + 2 tbsp creamy coconut milk (full fat) | 1 tsp ground nutmeg |
| 1 tsp pure vanilla extract | 1/2 tsp ground ginger |
| 1/3 cup honey | 1/4 tsp ground cloves |
| 3/4 cup coconut flour | 1 generous pinch allspice |
| 1/4 cup CHIKPRO™ | 1 pinch fine-grain sea salt |
| 1/2 tsp baking powder | Coconut oil for greasing muffin cups
(or use muffin liners) |

DIRECTIONS:

1. Preheat oven to 350° F and grease a 12-cup mini-muffin tin with coconut oil.
2. Combine pumpkin, coconut milk, eggs, vanilla, and honey in a large bowl and either whisk with a fork or use a hand mixer to puree until smooth.
3. In another small bowl, combine the dry ingredients and spices. Mix well.
4. Add the dry ingredients to the pumpkin mixture and stir until smooth.
5. Fill muffin cups about 3/4 full with the mixture.
6. Bake for 20-25 minutes or until cooked through and light brown.
7. Let cool for 5 minutes and remove from tin to cool on wire rack.

