

HOLIDAY MUFFINS



TIME REQUIRED

50 mins including prep

SERVING

10-12

INGREDIENTS

- 1 ½ T flaxseed meal
- 4 T water
- 2 T mashed ripe banana
- ¾ c pumpkin puree
- 2/3 c coconut sugar
- ¼ c maple syrup
- 1 apple, cored and pureed
- 1 t vanilla extract
- 2 t baking soda
- 1 T apple Cider Vinegar
- ¼ t sea salt
- ½ t ground cinnamon
- 1 ¼ t pumpkin pie spice
- ½ c water
- ½ c almond meal
- ¾ c rolled oats
- 1 cup gluten-free flour blend or Einkorn flour

CINNAMON PUMPKIN STREUSAL

- 3 T coconut sugar
- 3 ½ Tbsp gluten-free flour or Einkorn flour
- 2 T roughly chopped walnuts
- 1 ¼ T coconut oil
- ¼ t cinnamon
- ¼ t pumpkin pie spice

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STEPS

- Preheat oven to 350°. Use parchment muffin paper for standard size muffin tin.
- Prepare flax eggs by mixing flaxseed meal and water in a large mixing bowl. Let set for 5 minutes. Add banana and mash, leaving just a bit of texture.
- Mix together pumpkin purée, coconut sugar, maple syrup, apple, and vanilla extract and whisk for one minute. Add apple cider vinegar, baking soda, salt, cinnamon, and pumpkin pie spice, and mix. Add water and whisk once more. Fold in almond meal, oats and gluten-free flour blend and stir until just combined. Divide the thick batter into muffin tin half-way ³/₄ full.
- In separate bowl, mash ingredients together with a fork or your hands until crumbly like wet sand. Generously top muffins with streusel.
- Bake for 30-35 minutes or until tops are golden brown and a toothpick or knife comes out completely clean. Test at 30 minutes. Do not under-bake.
- Let cool for 5 minutes in the muffin tin, then gently remove and cool completely on a cooling rack.

Enjoy!

**it is best to soak walnuts overnight or 8 hours then dry.*

PS

This autumn-inspired treat is warm, cozy, and naturally sweetened with pumpkin, apple, and gentle maple and coconut sugar. Flaxseed adds fiber and plant-based protein, oats and almond meal bring heart-healthy texture, and the streusel topping gives a festive crunch – all while keeping blood sugar steady and holiday indulgence guilt-free.