

PUMPKIN-SPICE BREAKFAST MUFFINS (GLUTEN-FREE)



TIME REQUIRED

Prep + Bake: 10 + 25 min

SERVING

6-8

STEPS

- Preheat oven to 350°F.
- Mix chia + water, let gel 5 min.
- Combine dry ingredients; fold in pumpkin and chia mixture.
- Pour into muffin tins; bake 20-25 min.

INGREDIENTS

- 1 cup almond flour
- ½ cup oat flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp pumpkin pie spice
- ¼ tsp salt
- 1 cup pumpkin puree
- ¼ cup unsweetened almond milk
- 2 tbsp maple syrup
- 2 tbsp chia seeds + 6 tbsp water (egg replacer)

PS

Pumpkin and spices support digestion and antioxidant intake; naturally sweetened, fiber-rich muffins.