

PUMPKIN SPICE MUFFINS

Gluten Free • Dairy Free • Delicious



- Prep Time: 10 minutes
- Cook Time: 18 minutes
- Ready in: 30 minutes



Ingredients

- 7 1/2 oz pure pumpkin puree (about half of a 15-oz can)
- 2 eggs
- 1/3 cup canola oil
- 1/3 cup pure cane sugar
- 1/3 cup brown sugar
- 1/2 Tablespoon Apple Cider Vinegar
- 1 1/2 cups all-purpose gluten free flour blend
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 3/4 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda

Notes

For an egg free version:

Try using 1/2 cup mashed banana, two flax eggs, or Ener-g egg replacement.

Not gluten free?

Use 1 1/2 cups regular all-purpose flour instead.

Method

01

Preheat the oven to 375 degrees Fahrenheit. Line a muffin pan with baking cups or grease well.

02

Mix the wet ingredients: add pumpkin, eggs, oil, and apple cider vinegar to the bowl of an electric mixer. Whisk well, then add the sugars and whisk again until smooth.

03

Add the dry ingredients next: toss in salt, cinnamon, ginger and nutmeg; add flour, baking powder and baking soda and mix on medium high speed until batter is smooth. No lumps please!

04

Taste the batter; adjust for seasoning as you see fit. Need a little more bite from the ginger or want a little more warmth from the cinnamon? Try tossing in another 1/4 teaspoon of whatever you like and give it a whirl.

05

When the batter is ready, fill prepared muffin tins using a 1/4" scoop (or fill by hand with 1/4 cup / 4 Tablespoons of batter per cup). Sprinkle the tops with cinnamon sugar and bake for 15-18 minutes, or until the tops are puffed and golden and toothpick comes out clean. Cool on a wire rack before eating.

