



## CHOCOLATE MUFFINS

### Ingredients

2 cups of grated pumpkin\*  
2 pasture raised eggs  
½ cup light tasting olive oil  
4 tablespoon maple syrup\*\*  
1 teaspoon vanilla extract  
¾ cup of good quality cocoa or cacao powder  
1 teaspoon baking soda  
2 teaspoons baking powder  
¼ tsp salt  
¼ cup coconut flour

### Instructions

Preheat oven to 180C

Lightly beat the eggs and place in a large bowl with the pumpkin, maple syrup, vanilla and oil. Stir to combine.

Next, sift in the cacao, coconut flour, baking soda, baking powder and sea salt.

Stir gently until well combined.

Pour about 1/4 -1/2 cup into muffin tins. I made 8 good sized muffins from the mixture. Bake until firm to touch (roughly 20 minutes).

\*You can also try experimenting with beetroot or kumara

\*\* Any liquid sweetener will do for this recipe. They are also still delicious without any added sweetener.

*Recipe by Michelle Yandle*