

# Pumpkin Spice Muffins

## with *Dark Chocolate Chips*

*Pumpkin spice muffins are a perfect holiday food!  
This recipe includes key ingredients for tasty muffins that  
also won't spike your blood sugar levels.*

**Prep Time:** 15 minutes

**Baking Time:** 24 to 29 minutes

**Total Time:** about 45 minutes

**Servings:** 12 muffins



## INGREDIENTS

- 1 can -15 oz- Pumpkin Puree
- ½ cup coconut oil melted (or plain non-fat Greek yogurt)
- 2 eggs
- 1/3 cup raw organic honey or agave
- 1 tsp vanilla extract
- 2 cups gluten free oat flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 cup dark chocolate chips
- 8 capsules MyPure™ Maitake (powder from)
- 1½ tsp cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp ground allspice

## INSTRUCTIONS

1. Preheat oven to 325 F. Grease all 12 cups of your muffin tin with non-stick cooking spray.
2. In a large bowl, mix together the coconut oil, honey, pumpkin puree, and vanilla extract with a whisk. Add the MyPure™ Maitake powder, baking soda, baking powder, cinnamon, nutmeg, ginger, and allspice.
3. Add the oat flour to the bowl and mix with a large spoon, just until combined (a few lumps are ok). Gently fold in the chocolate chips.
4. Divide the batter evenly between the muffin cups. Bake muffins for 24 to 29 minutes, or until a toothpick inserted into a muffin comes out clean (mini muffins: 15 minutes).
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.

NOTE: These muffins taste even better after they have rested for a couple of hours. They'll keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed for 30 to 60 seconds).