



EINKORN PUMPKIN SPICE MUFFINS

Ingredients

- 3 CUPS ORGANIC EINKORN FLOUR
- 2 TBSP PUMPKIN PIE SPICE
- 1 tsp CINNAMON
- 2 tsp BAKING POWDER
- 1/2 tsp BAKING SODA
- 1/2 tsp SALT
- 4 EGGS
- 2/3 CUP RAW HONEY
- 2/3 CUPS MELTED COCONUT OIL
- 2 CUPS ORGANIC PUMPKIN PUREE

Instructions

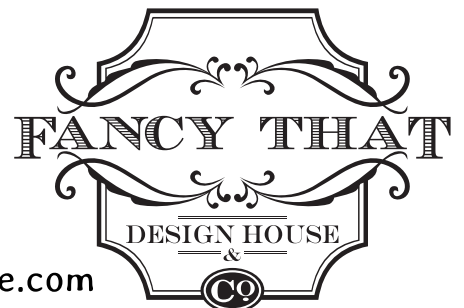
- preheat oven to 350 degrees
- line muffin trays with liners
- combine all dry ingredients
- mix all wet ingredients
- fold wet ingredients into dry ingredients until combined. Do not overmix
- scoop 1/4 cup spoonfuls into muffin tins
- top with a sprinkle of pepitas, if desired
- bake for 20-25 min until golden brown

Makes 20-24

Can replace cinnamon with Cinnamon Bark Essential oil

NOTES:

recipe adapted from Kim's Cravings



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