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Paleo Pumpkin Muffins

Ingredients:

- 5 eggs
- 1 cup canned pumpkin
- ¼ cup coconut oil (melted) or grape seed oil
- ½ cup coconut flour
- ¼ cup raw honey
- 1 tsp baking soda
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 tsp cloves
- ¼ tsp ginger

Directions:

1. Heat oven to 350°.
2. Using a hand mixer combine eggs, pumpkin, and oil. Blend until frothy.
3. Add remaining ingredients and blend until thoroughly mixed.
4. Place cupcake papers into pans (makes 12 muffins). Evenly spoon mixture into cupcake papers.
5. Bake 25 – 30 minutes. Test with a toothpick to ensure they are done.
6. Allow to cool before frosting (optional).