



# Grain-Free Pumpkin Muffins

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 8 SERVINGS

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## INGREDIENTS

1/2 cup pumpkin puree	1/4 cup coconut flour
1/3 cup banana mashed	1/4 cup vegan protein powder
1/3 cup almond butter	1 teaspoon pumpkin pie spice
3 eggs lightly beaten	1 teaspoon baking soda
1 1/2 tablespoons maple syrup	1 dash salt
2 tablespoons semi-sweet chocolate chips	1/3 cup pecans
	3 tablespoons pecans chopped

## NUTRITION INFORMATION PER SERVING

Calories 222kcal	Sodium 302mg
Carbs 14g	Fiber 4.75g
Protein 12g	Added Sugar 3.7g
Total Fat 15g	Fruits 0.14 servings
Saturated Fat 2.91g	Vegetables 0 servings

## Method

1. Preheat the oven to 375°F. Adjust your oven rack to the middle of the oven.
2. Lightly spray a muffin pan with nonstick spray.
3. In a non-reactive bowl, combine the pumpkin puree, banana and almond butter. Stir until creamy.
4. Now add the eggs, maple syrup, and chocolate chips until fully combined.
5. In another bowl combine the coconut flour, almond flour, pumpkin pie spice, baking soda, salt and pecans.
6. Combine the dry ingredients into wet ingredients and mix well.
7. Divide the mixture evenly across the muffin tin. Top with pecan pieces.
8. Bake for 14-16 minutes or until you can insert a toothpick and it comes out clean.
9. Remove the muffins from the pan and let them cool on a rack.

