



HEALTHY

THANKSGIVING TREATS



TWO EASY RECIPES WITH MINIMAL INGREDIENTS



Pumpkin Spice Mini-Muffins

Serves 4-6

40 Minutes

INGREDIENTS

3 eggs

1 cup (about 1/2 can)
Pumpkin puree

2/3 cup Almond flour (fine)

1/4 cup dry Monk Fruit
sweetener or substitute*

1 tsp Pumpkin Pie spice or
Cinnamon

1/4 tsp Salt

Optional:

1 tsp Baking powder (helps
muffins rise)

1/2 tsp Vanilla extract

Mix-ins or Toppings:

Crushed walnuts or pecans

Mini chocolate chips

Preheat the oven to 350°F (175°C). Lightly grease mini-muffin pans (24 count).

Break eggs into a bowl and mix with a fork until yolks and whites are blended together. Add pumpkin puree (and vanilla extract if including) and mix until combined.

In a separate bowl, combine almond flour, monk fruit sweetener**, spices, and baking powder if including - mix to combine.

Add the dry ingredient mix and desired mix-ins (nuts, chocolate chips) to the egg and pumpkin puree mixture, mixing until just combined. Over-mixing can make muffins more dense.

Spoon a heaping Tablespoon of mixture into muffin cups. Bake immediately for 24-28 minutes, until centers of muffins are firm. Allow muffins to cool 10-15 minutes before removing from pan.

Storage: Store in an airtight jar or container, on the countertop, for up to 4 days. These also freeze well and can be thawed and reheated ~10 seconds in the microwave.

Serving suggestion: Serve 4-5 mini-muffins with yogurt and fruit like cinnamon apples or pears.

*You can substitute the following for Monk Fruit Sweetener:
1/4 cup regular or brown sugar, 1/4 cup honey, 1/4 maple syrup

**If using honey or maple syrup in place of dry sweetener, add to the egg/pumpkin mixture instead of the dry ingredients mixture.

Nutrition Per 5 mini muffins	Energy	Protein	Fat	Carbs	Fiber	Sugar
	144 kcal	7 g	10 g	15 g	3 g	2 g

GF

DF

Nutrition info for muffins only, original recipe with Monk Fruit/Allulose Sweetener and without mix-ins or toppings. ~8g carbs are from Allulose, a non-digestible sugar (doesn't affect blood sugar)



Pumpkin Spice Mug Cake

Serves 1

5 Minutes

INGREDIENTS

1 egg

3 Tbsp Pumpkin puree

2 Tbsp Almond flour (fine)

1 Tbsp dry Monk Fruit sweetener or substitute*

1/4 tsp Pumpkin Pie spice or Cinnamon

Sprinkle of salt

Optional:

Splash of Vanilla extract

Mix-ins or Toppings:

Crushed walnuts or pecans

Mini chocolate chips

Mug cakes are a great single-serve option when you want a little something sweet. It's also a fun activity you can do with the family - everyone gets to make their own mini cake, and it's just enough to satisfy that need for sweet without all the excess sugar.

Spray a microwave-safe coffee mug with olive oil, avocado oil, or other cooking oil spray.

Crack egg in mug, mix with fork, then add pumpkin puree, almond flour, sweetener, spices, and a tiny pinch of salt and mix together (+vanilla extract optional). Add mix-ins as desired.

Microwave on high for 2.5 to 3 minutes - until the center is cooked through. Let cool for a few minutes.

Serving suggestion: Enjoy on a plate or straight from the mug. Some yogurt with apple or pear + cinnamon make a great addition for added protein and fiber.

*You can substitute the following for Monk Fruit Sweetener:

1 Tbsp regular or brown sugar, 1 Tbsp honey, 1 Tbsp maple syrup

Nutrition Per Mug Cake	Energy	Protein	Fat	Carbs	Fiber	Sugar
	165 kcal	10 g	11 g	19 g	3 g	2.5 g

GF

DF

Nutrition info for original recipe with Monk Fruit/Allulose Sweetener and without mix-ins or toppings.
~12g carbs are from Allulose, a non-digestible sugar (doesn't affect blood sugar)