



Gluten-Free Crustless Pumpkin Pie Cupcakes (Dairy-Free)

Ingredients

- **Vanilla extract**, 1 teaspoon (4 g)
- **Eggs**, 2 large (99.7 g)
- **Egg yolk**, 1 large (17 g)
- **Coconut milk whipped cream**, 12 tablespoons (54 g)
- **Salt**, 1/4 teaspoon (3 g)
- **Pumpkin puree**, 15 ounces (425.2 g)
- **Coconut milk**, 3/4 cup (169.5 g)
- **Baking powder**, 1 tsp (4.6 g)
- **Baking soda**, 1 tsp (4.6 g)
- **Lightly brown sugar**, 1/8 c (27.5 g)
- **Granulated sugar**, 1/8 cup (25 g)
- **Gluten-Free Flour blend**, 1/2 cup (31.3 g)
- **Pumpkin pie spice**, 1 tbsp (5.6 g)



Instructions

1. Preheat the oven to 350F. Line a muffin pan with paper liners (or silicone muffin liners). Generously spray the bottoms and sides of the liners with cooking spray.
2. In a large bowl, mix together the pumpkin, granulated sugar, brown sugar, eggs and egg yolk, vanilla, and coconut milk until smooth.
3. In another bowl, sift together the flour blend, pumpkin pie spice, salt, baking soda, and baking powder.
4. Add the dry ingredients to the wet and stir to fully combine.
5. Scoop the batter into the prepared muffin pan. The cups will be fairly full.
6. Bake the cupcakes for 25 minutes.
7. Let the cupcakes cool in the pan for 30 minutes. Refrigerate for at least 1 hour before serving. Top with coconut milk or regular whipped cream. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1196.4	137.4	99.7
Protein [g]	28.7	3.3	2.4
Fat [g]	69.3	8	5.8
Carbs [g]	129.4	14.9	10.8
Fiber [g]	19.7	2.3	1.6
Net Carbs [g]	109.7	12.6	9.1

