



## Paleo Pumkin Spice Muffins

### INGREDIENTS

1 cup almond flour  
1/2 cup coconut flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
3 eggs, lightly beaten.  
3/4 cup canned pumpkin puree or pumpkin butter  
1 tsp pumpkin spice  
3 Tablespoons melted coconut oil  
1 teaspoon vanilla extract  
1/4 cup honey

### INSTRUCTIONS

- Preheat oven to 350° F
- In a mixing bowl, whisk together the almond flour, coconut flour, baking soda, salt, and pumpkin pie spice.
- Add the eggs, pumpkin, coconut oil, vanilla, and honey. Mix until combined.
- Spoon into muffin cups and add additional pumpkin pie spice on top.
- Bake for 20 – 25 minutes until a toothpick comes out clean.
- Transfer to a wire rack to cool.

