

# GLUTEN-FREE PUMPKIN MUFFINS



Prep time: 10 minutes

Cook time: 50 hour

Total time: 1 hour

**Makes 18 Muffins**

## Ingredients:

- 2 cups **Almond Flour** (room temperature)
- ½ cup **Oat Flour** (see notes)
- 2 ½ tbsp **Pumpkin Pie Spice** (see notes)
- ¼ tsp **Salt**
- 3 tsp **Baking Powder**
- ½ tsp **Baking Soda**
- 1 ½ tsp **Xanthan Gum**
- 2 **Eggs** (room temperature)
- 1 15 oz. can **Pumpkin**
- 1 cup **Sugar**
- 1 tsp **Vanilla**

Optional Toppings:

- 2 Tbsp **Pepitas** (Pumpkin Seeds)
- 2 Tbsp **Sugar**

## Instructions:

1. **PREHEAT:** Preheat the oven to 350 F. Prepare a muffin tin with Reusable Cupcake Liners or by spraying the pan with oil.
2. **MIX:** In a large bowl, mix together the almond flour, oat flour, pumpkin pie spice, salt, baking powder, baking soda, and xanthan gum. In a separate bowl, mix together the eggs, pumpkin, sugar, and vanilla. When the oven is at temperature, pour the wet ingredients into the dry, and mix thoroughly. Scoop the batter into the prepared muffin tin, placing 2-3 heaping tablespoons into each reusable liner. Tap down the pan to remove any trapped air, smoothing out the top of the batter, and sprinkle on any additional toppings, like sugar or pumpkin seeds.
3. **BAKE:** Place the muffins into the oven and let them cook for 40-50 minutes, rotating the pan halfway through baking. Check for doneness by lightly pressing the surface of the muffins, if the center is squishy and has some give to it, leave them in to bake longer, if the center feels firm and cooked through, take them out to cool.

## Notes:

- **Homemade Oat Flour** – Oat flour is incredibly easy to make at yourself at home. All you have to do it throw some oats in a food processor or blender until finely ground, and you're good to go!
- **Homemade Pumpkin Pie Spice** — If you have a fairly well stocked spice cabinet at home, odds are you already have everything you need to make your own pumpkin pie spice at home. This amount will be enough for the Pumpkin Muffins, or make double and have some leftover for your next recipe.
  - 4 tsp Cinnamon
  - 1 tsp Nutmeg
  - 1 tsp Ground Ginger
  - ½ tsp Ground Cloves
  - ½ tsp Allspice