



## Pumpkin Molasses Muffins

12 servings

30 minutes

### Ingredients

- 1 1/4 cups Almond Flour
- 1/4 cup Coconut Flour
- 1 tbsp Baking Powder
- 1/4 cup Coconut Sugar
- 1/2 cup Vanilla Protein Powder (optional, 1/4 cup = 2 scoop)
- 2 tsps Ground Ginger
- 2 tsps Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Sea Salt
- 1 cup Pureed Pumpkin (canned)
- 1/3 cup Black Strap Molasses (Unsulphured)
- 1/4 cup Extra Virgin Olive Oil
- 3 Egg

### Nutrition

Amount per serving	
Calories	168
Fat	12g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	8g

### Directions

- 1 Spray muffin tin or use silicone non-stick. Pre-heat oven to 350 degrees.
- 2 Mix together all dry ingredients and set aside.
- 3 Mix together in a separate bowl, all wet ingredients and blend well.
- 4 Add wet ingredients to dry ingredients and whisk until smooth.
- 5 Pour into one dozen muffin cups and bake for about 20-25 minutes, testing for done'ness with a toothpick. When you stick a toothpick down into the middle of muffin and it comes out dry, they're done!
- 6 Alternatively, pour all the mixture into a loaf pan and bake for up to 30-40 minutes until done all through.