

## Flourless Chocolate Pumpkin Muffin Recipe

Pumpkin is rich in fibre and plant compounds called carotenoids. Almond butter is a wonderful source of healthy plant fats and protein. Each muffin has 7 g protein and 5 g fiber. And because it's flourless, it works really well for those who are avoiding gluten.

Thanks to Amanda@Runningwithspoons for the original recipe. It's so healthy and delicious!!

Yields 12 large muffins

### Ingredients:

1 cup/250ml all natural almond butter  
1 ½ cups /375ml pure canned pumpkin, **not** pumpkin pie filling  
2 large eggs  
¾ cup/175ml honey  
½ cup/125ml unsweetened pure cocoa powder  
4 tbsp/60ml ground flaxseed  
1 tsp/5ml ground cinnamon  
1 tsp/5ml pure vanilla extract  
1 tsp/5ml baking soda  
¼ cup/60ml semi-sweet chocolate chips for sprinkling

### Method:

1. Preheat oven to 375 degrees F/190 C.
2. Prepare muffin tins by lining with parchment liners. Set aside.
3. Add all the ingredients except chocolate chips to a high-speed blender or food processor. Process on high until the batter becomes smooth and creamy.
4. Pour or spoon batter into prepared muffin pan. Sprinkle a few chocolate chips on top.
5. Bake for 18-20 minutes. Tops should be set but not firm. Tops will firm as they cool.
6. Allow to cool in pan about 10 minutes before removing.
7. Store in airtight container for up to 5 days. Freezes well.