

# Gluten-Free Pumpkin Muffins

*These fall-flavored muffins are high in fiber and protein, low in carbs, gluten-free and delicious, too! Try a batch and stick some in the freezer for another time.*

**Yield:** 12 muffins

**Prep:** 20 minutes   **Cook:** 25 minutes   **Total:** 45 minutes

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## Ingredients

- 1/2 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 4 large eggs
- 1/3 cup plain yogurt
- 1/3 cup pure maple syrup
- 2 tablespoon unsalted butter, melted
- 1 1/2 teaspoon pure vanilla extract
- 1/3 cup pumpkin puree
- 1/2 cup chocolate chips

## Instructions

### Make It Now:

1. Preheat oven to 350°F degrees.
2. Grease your 12-cup muffin tin or use muffin cups.
3. In a small bowl, mix together the coconut flour, baking soda, salt, and cinnamon.
4. In a large bowl, whisk together the eggs, yogurt, maple syrup, butter, vanilla extract, and pumpkin.
5. Add the dry ingredients to the wet and stir well to combine until no lumps remain and batter is thick. (The great thing about coconut flour is that you can't over-mix it!)
6. Stir in the chocolate chips to the batter. (Note: The batter will be thicker than pancake batter but thinner than peanut butter.)
7. Divide the batter between the muffin cups evenly.
8. Bake for approximately 22-25 minutes, until top and edges begin to turn a light golden brown. The muffin should spring back when you touch lightly on the top.
9. Allow to cool in the pan for 5 minutes before serving.

**Freeze for Later:** Bake muffins as directed. Let cool completely. Put muffins in freezer-safe bag or container. Freeze for up to 3 months.

**Prepare From Frozen:** Remove muffins from freezer and thaw overnight in the refrigerator or warm them in microwave.

## Notes/Tips

- **Dairy-Free Version:** Use dairy-free yogurt, like So Delicious brand. Use melted coconut oil in place of the butter. Use dairy-free chocolate chips, like Enjoy Life brand.
- Freeze the leftover pumpkin puree for future use, like in any of our 10 Must-Try Pumpkin Recipes.
- The batter is a bit more runny than typical muffin batter. This is normal.