

# Pumpkin Blender Muffins



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**YIELDS:** 12 muffins

**PREP TIME:** 5 minutes

**BAKE TIME:** 40 minutes

Doesn't get much easier than this. Just put everything in the blender, bake and enjoy!  
Just one muffin will force you to put a happy face on you, you'll dance while you're munching, AND you'll be getting in a good amount of fiber too!

## Ingredients

6 eggs

1 cup pumpkin puree

1/2 cup [coconut oil](#) or melted unsalted butter

1/4 cup pure maple syrup or raw honey

1/2 cup [coconut flour](#)

1 teaspoon [pure vanilla extract](#)

1 teaspoon cream of tartar or 1/2 teaspoon baking soda (if you don't have a corn allergy)

1 teaspoon [ground cinnamon](#)

1 teaspoon fresh grated lemon zest

1/4 teaspoon [ground ginger](#)  
1/4 teaspoon [ground cloves](#)  
1/4 teaspoon [ground nutmeg](#)  
1/4 teaspoon [ground cardamom](#) (optional)

## **Instructions**

Preheat oven to 350 degrees. Line muffin tins with muffin liners.

Put all the ingredients into a blender. Pulse until smooth and a batter is formed. Fill each muffin cup with 1/4 cup batter. Bake for 40 minutes. Eat warm, or cool down. Store in refrigerator and warm up as you eat.

Use the remaining pumpkin puree (if you used canned) in your morning smoothie!

NOTE: The pumpkin frosting (dairy free, gluten free, grain free, white sugar free) you see lusciously adorning the tops of these muffins, is not included. This will be included in a cookbook at a later time.

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