

flourless pumpkin chocolate chip muffins

servings: 20 mini muffins prep time: 3 mins cook time: 17 mins total time: 20 mins

equipment

- mini muffin tray

ingredients

- 3/4 cup pumpkin puree
 - 1 cup peanut butter (all natural)
 - 1/3 cup maple syrup (or honey)
 - 1 egg
 - 1 tsp baking soda
 - 1 tsp pumpkin spice (or cinnamon)
 - 1/4 tsp salt
 - 1/2 cup mini chocolate chips (+ more for tops of muffins)
- Instead of pumpkin spice you can use essential oils:
3 drops vanilla oil
5 drops cinnamon bark oil
3 drops nutmeg oil
2 drops clove oil
1 drop ginger oil

instructions

- 1 Preheat your oven to 325 F. Spray your mini muffin tray with coconut oil.
- 2 In a large bowl mix all of the ingredients until just smooth. Using a cookie scoop, transfer the batter to your muffin tray, filling each slot until almost full.
- 3 Bake for 17 minutes or until toothpick comes out clean. If you're making regular sized muffins, up the bake time to 20-22 minutes.
- 4 Allow to cool and set in tray for at least 15 minutes. Carefully remove and transfer to wire rack to cool 15 minutes more.

notes

1. If you're making regular sized muffins, up the bake time to 20 minutes (or until toothpick comes out clean).
2. If you're adverse to pumpkin, sub in 3/4 cup sweet potato puree or butternut squash puree OR 2 ripe mashed bananas.
3. You can also omit the chocolate chips and add in nuts, seeds or dried fruit, ie raisins or dried cranberries. Very delicious!
4. Any nut or seed butter works here, like almond butter, cashew butter or sunflower seed butter.
5. I have not tried any egg substitutes yet, but many people on social media have written to me saying

that they have used the following with success: (a) flax egg (b) 1/4 cup applesauce (c) they omitted the egg all together and the recipe still worked.

nutrition

Calories: 119kcal | Carbohydrates: 10g | Protein: 4g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Trans Fat: 1g | Cholesterol: 9mg | Sodium: 150mg | Potassium: 118mg | Fiber: 1g | Sugar: 8g | Vitamin A: 1452IU | Vitamin C: 1mg | Calcium: 21mg | Iron: 1mg

author: Stella

<https://hungryhappens.net/flourless-pumpkin-chocolate-chip-muffins-one-bowl/>

© 2023 Hungry Happens