



## **Pumpkin Hemp Muffins**

**Prep Time:** 15-20 minutes

**Yield:** 3 dozen muffins (2 1/8 oz. each muffin)

### ***Ingredients***

2 cups gluten free flour

1/2 cup flax meal

1/2 cup coconut flour

4 tablespoons hemp protein powder

2 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon salt

2 teaspoon cinnamon, 1 teaspoon allspice, 1 teaspoon ginger, 1/2 teaspoon cloves

6 eggs

1 cup avocado oil

3/4 cup brown sugar

1-29 ounce can pumpkin puree

*Topping:* Hemp seeds + pumpkin seeds (pepitas)

### ***Preparation***

1. Whisk together gf flour, flax, coconut flour, whey protein, baking powder, baking soda, salt and spices in a large mixing bowl.
2. Whisk together eggs, oil, brown sugar and pumpkin puree.
3. Add dry ingredients to wet ingredients and gently fold until completely combined.
4. Scoop batter into a muffin tin lined with muffin liners and fill 3/4 full. Top with 1/2 teaspoon hemp seeds and 1 teaspoon pepitas.
5. Bake at 350°F for 18-20 minutes or until lightly golden and cooked through.
6. Remove from oven and cool.

**Nutrition Facts per serving:** 155 calorie 5g protein 16g carbs 8g fat

***Recipe provided by Chef Teresa Hansen [www.chefhansen.com](http://www.chefhansen.com)***