

Paleo Pumpkin Muffins-Gluten Free

INGREDIENTS

1½ cup – [almond flour](#) (613 calories); I used Nuts On Line Blanched Almond Flour
1/3 cup [arrowroot](#) or tapioca starch
1 teaspoon – non aluminum baking powder
1 teaspoon – baking soda
1½ teaspoon pumpkin pie spice
1/8 teaspoon – salt
1/2 cup chopped cranberries
3 large – whole eggs
3/4 cup – canned pumpkin
1/4 to 1/3 cup maple syrup

BAKING

1. Combine the almond flour, arrowroot, baking powder, baking soda, spice, sea salt, and optional raisins in a medium bowl. Whisk the eggs in another bowl. Add the pumpkin or squash and maple syrup or honey. Mix to combine. Add the dry ingredients and mix until thoroughly combined.
2. Pour mix into the 6 tins.
3. Bake at 350 degrees F for about 25 minutes on the middle rack in the oven until muffins pull away from the sides of the pan and a toothpick inserted into the center comes out clean.
3. Allow muffins to cool in the pan for 10 to 15 minutes, then run a knife around the sides and invert over a cooling rack. When cool, cover and store at room temperature for up to 3 days or refrigerate for longer storage. They also freeze well.
4. To moisten and bring back that fresh made taste, you can wrap a muffin in a white cotton or linen towel. Place it on a steamer basket or rack over boiling water, cover the pot, and steam for 3 minutes, then serve.

Prep Time: 20 mins

Cooking: 25 mins

Total # muffins: approx.. 10

Calories per muffin: 200