

# Pumpkin Spice Muffins

THESE MUFFINS, FULL OF MY FAVORITE warming spices, were a hit from the very beginning. The high-protein combination of flours used makes them a nutritious breakfast snack, and an extremely popular lunch box treat.

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## WET INGREDIENTS

- 1 cup pitted dates
- 1 tablespoon lemon juice
- 1½ cups cooked pumpkin purée
- ½ cup maple syrup
- ½ teaspoon vanilla extract
- ¼ cup almond butter
- ⅔ cup grated peeled apple or applesauce

## DRY INGREDIENTS

- ½ cup brown teff flour
- ½ cup chickpea flour
- ½ cup almond meal
- ¼ cup potato starch
- ¼ teaspoon sea salt
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground allspice

Preheat oven to 350°F and prepare mini-muffin tins with oil or paper muffin cups.

Place dates in food processor and mince. Add remaining wet ingredients and process to combine. Place all dry ingredients in separate bowl, and whisk to combine.

Pour wet ingredients into dry and mix briefly to combine. Immediately scoop batter by the tablespoonful into muffin tins. Distribute batter evenly. Bake 20 minutes or until toothpick inserted in center comes out clean. Remove from oven and set on rack to cool completely before removing from tins.

MAKES approximately 30 mini muffins

### TIP

Muffins freeze well in an airtight container.