

Fall Harvest Muffins

(Makes 12 Muffins)

Ingredients:

Muffins:

1 cup pumpkin purée
1 ½ cups apple and pear, thinly sliced
2 eggs
½ cup sugar
¼ cup coconut oil
1 tsp cinnamon
½ tsp nutmeg
½ tsp allspice
¼ tsp ginger
¼ tsp salt
½ cup carrots, grated
1 ½ cups all-purpose flour
1 tsp baking powder
1 tsp baking soda
⅓ cup pumpkin seeds

Sugar Topping:

½ tbsp granulated sugar
¼ tsp cinnamon



Directions:

- Preheat oven to 350°F.
- If your coconut oil is in solid form, heat it in a saucepan until it melts into a liquid.
- Combine the pumpkin puree, apples, pears, eggs, sugar, and coconut oil in a large mixing bowl and stir until well mixed.
- Add the cinnamon, nutmeg, allspice, ginger, salt and carrots and stir again until mixed in.
- Add the flour, baking powder and baking soda and stir just until combined.
- Chop the pumpkin seeds into small pieces, or process for a few seconds in a food processor or blender. Stir the majority into the muffin mixture, and save a small handful for the topping.
- In a separate bowl, combine ½ tbsp. of sugar with ¼ tsp of cinnamon.
- Pour the muffin mix into a greased muffin tin. Sprinkle the tops with the cinnamon sugar and remaining pumpkin seeds.
- Bake at 350°F for 18-23 minutes, or until a toothpick inserted into the center comes out clean.