

Pumpkin Spice Muffins

(Makes 12 Muffins)

Ingredients:

Muffins:

1 cup pumpkin purée
½ cup granulated sugar
½ cup brown sugar
⅓ cup coconut oil
2 eggs
1 tsp cinnamon
½ tsp nutmeg
½ tsp allspice
¼ tsp ginger
¼ tsp salt
1 ½ cups all-purpose flour
1 tsp baking powder
1 tsp baking soda
½ 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.
- Stir together the pumpkin puree, white and brown sugar, coconut oil, eggs, cinnamon, nutmeg, allspice, ginger and salt in a large mixing bowl.
- Add the flour, baking powder and baking soda and stir just until it is mixed in.
- 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 about 1/8 cup 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.