

Pumpkin Chocolate Chip Muffin

Yield: 10 large muffins or 12 small

Cook time- approximately 24 minutes

If using a NON convection oven, you may have to adjust the time?

If using a chia egg, do that now! *Recipe below

Preheat your oven to 350 F or 176 C and grease your muffin tins well (or just use paper liners)

In a blender add:

1 egg or chia egg

1/3 cup fat of choice (olive, coconut, avocado etc)

1 can of Organic Pumpkin Puree- 425 gram

I use this one here: <https://farmersmarketfoods.com/product/organic-pumpkin/>

If you do not have a blender:

Whisk 1 egg well (if using chia egg, just put in a bowl)

Add 1/3 cup fat of choice (olive, coconut, avocado etc) whisk together

Add 1 can of Organic Pumpkin Puree- 425 gram and whisk until thoroughly combined

I use this one here: <https://farmersmarketfoods.com/product/organic-pumpkin/>

Optional addition of spice for a “pumpkin spice” flavour:

This would be mixed with dry ingredients before adding the wet.

2 tsp cinnamon

1 tsp ginger

1 tsp mace

¼ tsp all spice

¼ tsp nutmeg

Mix the entire container of muffin mix with the prepared wet ingredients

Stir until combined, then add

1 cup chocolate chips of your choice and mix well

Divide the batter among 10-12 prepared muffin cups

Bake 350 F or 176 C for 12 minutes, rotate and bake an additional 8-12 minutes- until toothpick inserted comes out clean and the tops are golden

Due to the moisture of these muffins, it is best to store them on the counter NOT covered or refrigerate or freeze immediately

Store: I keep mine on the counter for a couple of days, uncovered. If they are not consumed then I freeze them to ensure freshness

***Chia egg:** 2 tbsp chia seeds and 5 tbsp water- let stand 5-15 minutes

Be creative when preparing these muffins. You can add nuts, seeds, raisins, or ??? for some extra crunch and flavour