



Ashley's Meal Prep Monday!

Healthy Pumpkin Spice Muffins



INGREDIENTS

- 1/2 cup coconut flour
- 1/4 cup tapioca flour
- 1 TSP baking powder
- 1/2 TSP baking soda
- 2 eggs
- 2/3 cup pumpkin puree
- 1/2 melted coconut oil
- 2 TSP vanilla
- 1/4 cup maple syrup
- 1 TSP pumpkin spice



CRUMB TOPPING

- 1 TBSP melted coconut oil
- 1 TBSP almond flour
- 2 TBSP coconut sugar
- 1/2 TSP pumpkin spice



Preheat oven to 350 and lightly spray a muffin tin, or use silicone liners

In medium sized bowl, mix together flours, baking powder and baking soda. Add in the eggs and puree and mix again. Followed by mixing in the coconut oil, vanilla, syrup and pumpkin spice.

Scoop mixture evenly into muffin cups.

In small bowl, mix flour, sugar and pumpkin spice. Stir in melted coconut oil. Add to the tops of the mixture in the muffin pan.

Bake for 20-ish minutes.

