

Nut-Free Pumpkin Crumb Muffins

By Elana's Pantry
Yield 8 servings



Ingredients:

Muffins

- 5 large eggs
- 1/3 cup canned pumpkin puree
- 1/3 cup coconut sugar
- 1/4 cup coconut flour
- 1/8 teaspoon celtic sea salt
- 1/2 teaspoon baking soda
- 1 tablespoon pumpkin pie spice

Topping

- 1/3 cup palm shortening
- 1/3 cup coconut sugar
- 2 tablespoons coconut flour
- 2 tablespoons ground cinnamon

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Method:

1. In a food processor, combine eggs, pumpkin, and coconut sugar
2. Pulse in coconut flour, salt, baking soda, and pumpkin pie spice until well combined
3. Divide batter between 8 paper lined muffin cups
4. Rinse out food processor
5. In a food processor, combine shortening and coconut sugar
6. Pulse in coconut flour and cinnamon
7. Sprinkle topping over cupcake batter
8. Bake at 350°F for 20-25 minutes
9. Cool 1 hour
10. Serve