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## **Paleo Pumpkin Pie Muffins**

Prep Time: 10 min. Cook Time: 25 min.

Serving size: 1 muffin

Makes 12 servings

### **Ingredients**

1 cup pumpkin puree

4 eggs

1/2 cup canned full-fat coconut milk

1 tsp pure vanilla extract

1/3 cup honey

3/4 cup coconut flour

1/2 tsp baking powder

1/2 tsp baking soda

1 tbsp ground cinnamon

1 tsp ground nutmeg

1/2 tsp ground ginger

1/4 tsp ground cloves

Pinch of salt

### **Coconut Whipped Cream Topping**

1 (13.5 oz.) can full-fat coconut milk

1 tbsp sweetener (optional)

### **Directions**

1. Preheat the oven to 350 degrees F. Grease or line a 12 cup muffin tin.
2. Combine the pumpkin, eggs, coconut milk, vanilla, and honey in a large bowl and whisk until smooth.
3. In another bowl, combine the remaining ingredients and mix well. Then, add the dry ingredients to the pumpkin mixture and stir until fully combined and smooth.
4. Fill the muffin cups about 3/4 full with the mixture.
5. Bake for 20-25 minutes or until cooked through and lightly browned on top.
6. Let cool, then top with coconut whipped cream.

**Note:** Canned full-fat coconut milk separates. Blend the coconut cream and coconut water together to create a creamy consistency before using.

**Topping Directions**

1. Chill the can of coconut milk in the fridge overnight.
2. Remove the hardened coconut cream from the can and place in a bowl.
3. Whisk coconut cream until it is light and fluffy. If using sweetener, whisk it in now.
4. Serve immediately. (It can be stored in the fridge for several days, but will need to be whisked again before serving.)