

Chocolate Chip Pecan Pumpkin Muffins

Modifications made for vegan options.

- 1 cup almond flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. pumpkin pie spice
- 1/2 cup chopped pecans
- 1 cup canned pumpkin
- 2 large eggs or 2 Tbsp. flax meal or chia seeds mixed with 6 Tbsp warm water
- 1 tsp. pure vanilla extract
- 2 Tbsp. almond butter
- 2 Tbsp. honey or maple syrup
- 1/2 cup chocolate chips
- 1/2 cup pumpkin seeds for topping (optional)

1. Preheat oven to 350° F. Line 12 muffin cups with liners.
2. In a mixing bowl, mix together the almond flour, baking soda, salt, cinnamon, nutmeg, pumpkin pie spice, and chopped pecans.
3. In a separate mixing bowl, whisk together the pumpkin, eggs or flax meal or chia seed mixture, vanilla, almond butter, and honey. slowly whisk the dry ingredients into the wet ingredients. Stir in the chocolate chips.
4. Spoon into the prepared muffin tin, filling the cups 3/4 full. Top with pumpkin seeds, if using. Bake for 20-25 minutes or until a toothpick inserted in the center of a muffin comes out clean.