Michelle Meyer
Functional Nutritional Therapy Practitioner

Pumpkin Muffins

(AIP/Paleo/GF/DF)

Makes 6-8 muffins

Ingredients

- 1 cup Pumpkin Puree
- 1 Banana
- ¾ cup tigernut flour
- 1 Tbsp baking powder
- 1 Tbsp Cinnamon
- 1 Egg
- 2 Tbsp Coconut sugar
- ¼ cup coconut oil, melted
- ½ cup coconut milk
- 1 tsp vanilla extract

Directions

1. Preheat oven to 180 °C
2. Place banana in food processor and pulse unitl smooth.
3. Add rest of ingredients and blend.
4. Spoon batter into greased muffin tin and bake for 30 minutes.