

# High Fiber Pumpkin Muffins

Makes 12 muffins | Time to prep: 20 min | Time to serve: 25 min



## INGREDIENTS

- 1 cup AP flour
- 1 cup almond flour
- 1/3 cup ground flaxseed
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground nutmeg
- 3/4 cup brown sugar
- 1 tsp salt
- 2 eggs
- 1 stick butter, melted
- 1/3 cup pumpkin puree

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Preheat oven to 350 F. Whisk together dry ingredients in a mixing bowl. In a separate bowl, whisk eggs, add melted butter and pumpkin puree and mix. Add wet ingredients to dry. Scoop batter into a greased muffin tin, fill to 2/3 full. Bake for 18-22 minutes, until tops are dry when pressed with a finger. Remove from oven, cool for 5 minutes, then remove from pan to cool completely.

## NUTRITION

Total calories per serving 230  
Protein 5g  
Carbs 23g  
Fat 14g  
Fiber 3g