

PALEO DOUBLE CHOCOLATE PUMPKIN MUFFINS

★★★★★

COURSE: BREAKFAST CUISINE: AMERICAN

KEYWORD: PALEO DOUBLE CHOCOLATE PUMPKIN MUFFINS

PREP TIME: 5 MINUTES COOK TIME: 20 MINUTES

TOTAL TIME: 25 MINUTES SERVINGS: 12 CALORIES: 242KCAL

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A moist and fluffy chocolate muffin with a sneaky serving of pumpkin.

INGREDIENTS

- 1 cup creamy almond butter (**store-bought or homemade**)
- 1/2 cup pumpkin pumpkin puree
- 1/4 cup cocoa powder
- 2 whole eggs
- 1/2 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1 teaspoon vanilla extract
- 1/2 cup coconut sugar
- 1/4 cup maple syrup
- 1/2 cup dark chocolate chips , **plus more for topping**

INSTRUCTIONS

1. Preheat the oven to 350°F and line a muffin tin with 12 baking cups. In a large bowl, stir together the almond butter, pumpkin, cocoa, eggs, baking soda, salt, vanilla, coconut sugar, and maple syrup. Once a smooth, thick batter is formed, fold in the dark chocolate chips.
2. Divide the batter among the 12 cups, then top each one with a sprinkling of extra dark chocolate chips, if desired. Bake at 350°F until the muffins have risen, and the edges are firm to a gentle touch, about 20 minutes.
3. Allow the muffins to cool completely before serving, and store any leftovers at room temperature, uncovered, for up to 4 days, or in the fridge for up to a week. I imagine these muffins would also freeze well, but there weren't any left for me to test that theory on-- we ate them all quickly!

NUTRITION

Calories: 242kcal | Carbohydrates: 25g | Protein: 5g | Fat: 15g | Saturated Fat: 4g | Cholesterol: 32mg | Sodium: 156mg | Potassium: 84mg | Fiber: 4g | Sugar: 18g | Vitamin A: 900IU | Calcium: 70mg | Iron: 1.8mg

<https://detoxinista.com/double-chocolate-paleo-pumpkin-muffins/>