

# PUMPKIN CHOCOLATE CHIP MUFFINS

Original recipe: <https://beamingbaker.com/one-bowl-gluten-free-pumpkin-chocolate-chip-muffins-gf-vegan-dairy-free/#tasty-recipes-21322-jump-target>

My modifications: real eggs instead of flax eggs; almond flour replaced with ground flax & Namaste flour; reduced amount of chocolate chips. This is a 4x batch, so if you don't need 48 muffins, cut it back.

4 cups pumpkin puree  
1 cup melted coconut oil  
1 1/2 cups pure maple syrup  
1 1/2 cups coconut sugar  
4 eggs  
4 teaspoons vanilla

8 cups GF oat flour (you can grind rolled oats in your blender until fine)  
1 cup ground flax  
1 cup Namaste GF flour mix (or other GF mix)  
4 teaspoons baking soda  
2 teaspoons baking powder  
8 teaspoons pumpkin pie spice  
1 tsp salt

3 cups mini chocolate chips

Oven - 350 degrees

Whisk the wet ingredients until well incorporated.

Combine the dry ingredients in a large bowl and add the wet mixture. Use a hand mixer to completely combine. Stir the chocolate chips in with a spatula or wooden spoon. The batter will be thick. Don't add additional liquid.

Fill muffin liners with a large cookie scoop or small spatula, almost to the top. Bake 18-25 minutes, rotating the pans on your oven racks part way through for even cooking.

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## Nutrition Facts

Servings: 48

Amount per serving

**Calories** **250**

% Daily Value\*

**Total Fat** 9.1g **12%**

Saturated Fat 4.6g **23%**

**Cholesterol** 31mg **10%**

**Sodium** 3111mg **135%**

**Total Carbohydrate** 36.3g **13%**

Dietary Fiber 5.5g **20%**

Total Sugars 10.6g

**Protein** 6g

Vitamin D 3mcg **15%**

Calcium 317mg **24%**

Iron 5mg **25%**

Potassium 579mg **12%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**