

Pumpkin and Vanilla Muffins

Ingredients

1 ¼ cup brown rice flour
¼ cup arrowroot flour
1 teaspoon true cinnamon
½ teaspoon nutmeg
½ teaspoon sea salt
1 tablespoon baking powder (aluminum free)
1 teaspoon baking soda (aluminum free)
1 cup canned organic pumpkin
1 egg
½ cup almond milk
2 teaspoons vanilla extract
2 ripe bananas (mashed)
3 tablespoons Coconut oil (not necessary)
¼ cup raw sugar or honey

Method

Combine wet ingredients in one bowl with bananas and pumpkin and combine dry ingredients in another bowl. Add the wet ingredients to the bowl of dry ingredients and stir together just until combined.

Bake 350 degrees Fahrenheit for about 20 minutes, check with a wooden skewer, like all gluten free muffins, these are best reheated after the first day.

Honey and Vanilla
honeyandvanilla.com