



Cranberry Pumpkin Muffins

6 servings

45 minutes

Ingredients

- 2/3 cup Extra Virgin Olive Oil
- 2 Egg (large)
- 2/3 cup Pureed Pumpkin
- 1/4 cup Coconut Sugar
- 1 1/2 cups Almond Flour
- 2 tsps Baking Powder
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon
- 1 1/2 cups Frozen Cranberries (coarsely chopped in the food processor)

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium bowl, add the oil, eggs, pumpkin, and sugar. Whisk well.
- 3 To the same bowl, add the almond flour, baking powder, sea salt, and cinnamon. Stir with a wooden spoon until combined. Gently fold in the cranberries.
- 4 Divide the batter evenly between the muffin cups. Bake for 30 to 35 minutes or until a toothpick inserted comes out clean. Enjoy!

Notes

Leftovers: Store in an airtight container for up to three days. Refrigerate for up to one week. Freeze for up to three months.

Serving Size: One serving is one muffin.

No Frozen Cranberries: Use fresh instead.