

Recipe – Reduced Sugar Pumpkin Muffins

From *Cooking with Coconut Flour*, by Bruce Fife

Although this recipe contains some sugar, we offer it as an example of nutritional harm reduction. It contains no gluten and very limited sugar, but the texture is quite close to that of a traditional flour muffin.

Ingredients:

- 3 eggs
- 2 tablespoons butter or coconut oil, melted
- ¼ cup mashed pumpkin
- 1/4 cup sucanat or brown sugar*
- 20 drops of liquid stevia
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground mace
- ¼ teaspoon salt
- ½ teaspoon vanilla
- ¼ cup sifted coconut flour
- ¼ teaspoon baking powder

Directions:

Blend together eggs, butter, pumpkin, sugar cinnamon, mace, salt, and vanilla

Combine coconut flour with baking powder and whisk into batter until there are no lumps

Pour batter into greased muffin cups

Bake at 400 degrees F for 18 minutes

Makes 6 muffins and 10 mini muffins

*2X Reduced Sugar: 1/8 cup sugar and 10 drops of stevia

Coconut flour

Digestible Carbs (g/cup) 3

Fiber (g/cup) 9

Percent Fiber 75%