

Gluten-Free Pumpkin Muffins

Author: [Cookie and Kate](#) Prep Time: 7 minutes Cook Time: 23 minutes

Total Time: 30 minutes Yield: 12 muffins 1x Diet: Gluten Free

★★★★★ 4.8 from 13 reviews

These gluten-free pumpkin muffins are made with almond flour! This simple recipe uses just one wholesome flour and other basic ingredients, including maple syrup as the sweetener. Recipe yields 1 dozen muffins.



Ingredients

1x	2x	3x
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- 2 cups (170 grams) blanched almond flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice or cloves
- 3 large eggs
- 1 cup pumpkin purée
- 1/3 cup pure maple syrup
- 4 tablespoons melted unsalted butter
- 1 teaspoon pure vanilla extract
- Up to 1/2 cup mix-ins, like chocolate chips, toasted and chopped pecans or walnuts, or a mix

Instructions

1. Preheat the oven to 350 degrees Fahrenheit and line all 12 muffin cups with paper liners.
2. In a medium mixing bowl, combine the almond flour, cinnamon, baking powder, baking soda, salt, ginger, nutmeg and allspice. Whisk to combine, then set the bowl aside.
3. In a smaller mixing bowl, whisk the eggs to break them up. Add the pumpkin, maple syrup, melted butter, and vanilla. Whisk until the mixture is fully blended.
4. Pour the wet mixture into the dry ingredients, and stir with a big spoon until the mixture is evenly combined. If you're adding mix-ins, gently stir them in now.
5. Fill the muffin cups halfway and divide any remaining batter evenly between the cups. Bake for 23 to 25 minutes, until the muffins are turning golden around the edges and a toothpick inserted in the center comes out clean.
6. Let the muffins cool in the pan for about 5 minutes until transferring to a wiring rack to finish cooling. Muffins will keep at room temperature for up to 3 days, or in the refrigerator for up to 1 week, or in the freezer for up to 3 months.

Notes

Make it dairy free: Substitute coconut oil for the butter.

Leftover pumpkin? Make [pumpkin chai lattes](#) or store the rest in a freezer bag for up to 6 months.

Find it online: <https://cookieandkate.com/gluten-free-pumpkin-muffins/>