

Sheet1

Gluten Free Pumpkin Muffins

2 eggs
1/3 cup (90g) yogurt
125g (1/2 cup) pumpkin puree (not pie filling)
50g (1/4 cup) neutral oil
1/3 cup maple syrup
1/2 cup dried fruit (raisins, craisins, cut up apricots, figs, etc)
1 tsp dried psyllium husk

180g millet flour Divided 1/3:2/3
2 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/2 tsp nutmeg

- 1 Preheat the oven to 350F and prepare muffin tin.
- 2, Add the psyllium husk to the smaller amount of flour and blend well. Ad
- 3 Beat the eggs to blend yolks and whites; then add the yogurt, oil, maple
- 4 Add the smaller amount of flour to the wet mixture and mix well. Let sit
- 5 Add flour spice mixture to the wet mixture and stir gently to blend. Spoc
- 6 Bake approx 30 minutes until the center is set. Internal temperature shc

d the baking powder, salt and spices to the larger amount of flour.
syrup and pumpkin and blend well.
5-10 minutes to thicken.
n into the prepared muffin tin.
ould be ~205F.