



Pumpkin Muffins

- 3 eggs
- 2 Tbsp. coconut oil
- ¼ cup mashed pumpkin
- ½ cup mashed pumpkin
- ½ tsp. ground cinnamon
- 1/8 tsp. ground mace
- ¼ tsp. salt
- ½ tsp. vanilla
- ¼ cup sifted coconut flour
- ¼ tsp. baking powder

Blend together eggs, coconut oil, 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 (205 C) for 18 minutes. Makes 6 muffins.

Courtesy of Dr. Bruce Fife.

South Pacific Trading Company
Life is short. Drink it in.



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