

RECIPE



Creamy Pumpkin Muffin

Ingredients for the dough

- 1 can (15 oz) pumpkin puree
- 3 eggs
- 1/3 cup coconut oil, melted
- 1 cup monkfruit sweetener (or preferred granulated sweetener)
- 1 cup almond flour
- 1 cup buckwheat flour
- ½ cup vanilla protein powder (your choice)
- 1 Tbsp. baking powder
- ½ tsp. baking soda

Ingredients for the cream

- 1 egg yolk
- ½ cup buffalo ricotta (or any ricotta of choice)
- 1/3 cup vegan cream cheese
- 2 Tbsp. monkfruit sweetener
- 1 ½ tsp. pumpkin spice

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site Chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880

RECIPE



Instructions

Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners or lightly grease with cooking spray.

In a large bowl add the pumpkin puree, eggs and oil, mix them well.

Add the monkfruit, flours, protein powder, baking powder and baking soda; whisk together until well combined.

Fill muffin cups: Divide the batter evenly among the prepared muffin cups, filling each about $\frac{3}{4}$ full.

Prepare the cream and bake:

Blend all ingredients for the cream until creamy and place about $\frac{1}{2}$ Tbsp. of the cream on top on each muffin dough.

Bake: Place in the oven and bake for 30-35 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Take from oven and let the muffins cool in the pan for 5 minutes, then transfer them to a wire rack to cool completely.

Enjoy these pumpkin muffins with a cup of tea, coffee, or a warm glass of nut milk!

Tips:

- Depend on the brand the pumpkin puree can be more liquid.
- Depend on the size of the muffin tin you can have extra dough, do bake in another baking sheet.
- This recipe is not very sweet, try it and rearrange as your taste.

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site Chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880