

Pumpkin Protein Muffins

1. Preheat oven to 375F. Generously grease a 24 mini muffin pan with coconut oil or avocado oil.
2. In a food processor (or high powered blender) blend all ingredients for the muffins until the batter is completely smooth.
3. Using a small ice-cream scoop, fill the mini muffin pan, until the batter comes up almost all the way to the top. Bake on 375F for 20 minutes until golden.

Recipe from:

<https://paleoglutenfree.com/recipes/gluten-free-paleo-pumpkin-protein-muffins/?epik=dj0yJnU9TFJHU3ZZdFVTZlJ5ZGw5TEVRdm5wQXhzeG1nV2tNXzkmcD0wJm49ejBGcC1oTzFBS2xBeE5fR21mRHpQQSZ0PUFBQUFBR0FZSlRn>

Total time: 30 minutes