

Grain-Free Pumpkin Spice Muffins

Recipe from *Always Delicious* by David Ludwig, MD, PhD, and Dawn Ludwig

Preparation time: 10 minutes

Total time: 40 minutes

Makes 6 servings (6 large muffins)

INGREDIENTS

Olive oil spray (optional)

3/4 cup chickpea flour (see Tip)

1/4 cup coconut flour or almond flour

1/4 teaspoon baking soda

1 teaspoon baking powder

1/3 cup neutral-tasting oil, such as high-oleic safflower or avocado oil (use 1/4 cup if using almond flour)

1 egg, beaten, or 1 tablespoon chia or flaxseeds, ground and mixed into 1/4 cup water

1/2 cup packed steamed winter squash, such as kabocha, butternut, buttercup, etc., or sweet potato

1/2 cup whole milk or unsweetened soy milk

1/4 teaspoon pure vanilla extract

3 tablespoons honey or pure maple syrup

3/4 teaspoon ground cinnamon

1/4 teaspoon ground ginger

1/8 teaspoon ground cardamom

1/8 teaspoon ground cloves

1/8 teaspoon freshly grated nutmeg

1/4 teaspoon salt

DIRECTIONS

Preheat the oven to 350°F. Line six wells of a large muffin tin with paper liners or coat with olive oil spray. Combine the chickpea flour, coconut flour, baking soda, and baking powder in a large bowl.

In a separate medium bowl, combine the oil, egg, squash, milk, vanilla, honey, spices, and salt. Blend with an immersion blender until smooth. Add the wet ingredients to the dry ingredients and stir, whisk, or blend until smooth. (Because the batter is gluten-free, it's okay to use the immersion blender to get the lumps out.) Divide the batter evenly among the prepared muffin cups.

Bake for 25 to 30 minutes. Remove the muffins from the tin and let cool on a wire rack for at least 15 to 20 minutes before serving. Cool completely and store in an airtight container for a couple of days on the counter, up to 10 days in the refrigerator, or up to 3 months in the freezer. (See photo insert page 3.)

Tips: This recipe makes 6 large muffins. Depending on the size of your muffin tins, use any excess batter to make a few pancakes or to make 7 or 8 smaller muffins. Chickpea flour is also known as garbanzo bean flour, gram flour, or besan and may be labeled that way at your grocery store. You could also use garbanzo-fava bean flour, if you prefer. Calories: 245 Carbohydrate: 20 g Protein: 5 g Fat: 17 g

Meal: 1 muffin, 3 slices of turkey bacon, 1/4 cup plain, whole-milk Greek yogurt, and 1 cup blueberries.

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