

# Pumpkin Chocolate Chip Crumble Muffins



**PREP TIME:**  
15 MINUTES

**COOK TIME:**  
18-20 MINUTES

**TOTAL TIME:**  
35 MINUTES

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Recipe type: Gluten Free  
Yield: 16 Muffins

## **Dry Ingredients:**

- 1 Cup Gluten Free All-Purpose Flour (*I used Bob's Red Mill Brand*)
- $\frac{3}{4}$  Cup Gluten Free Cassava Flour
- 1  $\frac{1}{2}$  TSP Baking Powder
- 1 TSP Baking Soda
- 2 TSP Pumpkin Spice Seasoning
- 1 TSP Cinnamon
- 1 TSP Himalayan Sea Salt

## **Wet Ingredients:**

- $\frac{3}{4}$  Cup Unsweetened Apple Sauce
- $\frac{1}{2}$  Cup Organic Coconut Sugar
- 1 15 oz. Can Organic Pumpkin Puree
- $\frac{1}{3}$  Cup Coconut Oil – Melted
- $\frac{1}{4}$  Cup Non-Dairy Milk (*I used Oat Milk or Use Whole Fat Coconut Milk*)
- 1 TSP Pure Vanilla Extract
- 2 Organic Eggs

## **Add-In:**

- $\frac{1}{2}$  Cup Mini Chocolate Chips (*I used Enjoy Life Brand*)

## **Crumble Ingredients:**

- $\frac{1}{4}$  Cup Coconut Sugar
- 1  $\frac{1}{2}$  TSP Cinnamon
- 6 TBSP Gluten Free Oat Flour
- 2 TBSP Ghee or Non-Dairy Butter – Melted
- $\frac{1}{4}$  TSP Himalayan Sea Salt

## Instructions:

1. Preheat oven to 350. Line muffin pans with muffin wrappers.
2. In a small bowl combine all ingredients for Crumble until combined. Place in refrigerator until ready to be used.
3. In a mixing bowl – add all of your dry ingredients. Whisk together until combined.
4. In a large mixing bowl – add applesauce, coconut sugar, pumpkin puree, vanilla and eggs. When melting coconut oil – add the non-dairy milk to it so oil doesn't solidify. Add both to wet ingredients and mix until combined.
5. Combine both wet and dry ingredients with a spoon (don't use electric mixer) – until combined, ensuring not to overmix batter.
6. Add chocolate chips to batter.
7. Scoop batter into muffin cups filling about 2/3 way.
8. Bake muffins for 10 minutes and remove from oven. Use crumble and literally crumble with fingers on top of muffins.
9. Place back in oven for another 8-10 minutes – depending on your oven. Check with toothpick to ensure cooked.
10. **Storage Recommendation:** Store in refrigerator and pop in micro for 10 seconds before eating. Will last about 1 week in refrigerator. Can also freeze these muffins.

**\*Try and use all organic ingredients if possible.**

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