

Hidden Veggie Muffins

Prep Time: 10 | **Total Time:** 30 | **Yield:** 0

Ingredients

2 cups grated raw pumpkin

2 eggs

½ cup light olive oil or coconut oil

4 Tbsp coconut nectar

1 tsp vanilla extract

¾ cup cacao powder or good quality cocoa powder

1 tsp baking soda

2 tsp baking powder

¼ tsp sea salt

¼ cups coconut flour

Method

Preheat oven to 180C

Lightly beat the eggs and place in a large bowl with the pumpkin, coconut nectar, vanilla and oil. Stir to combine.

Sift in the dry ingredients.

Stir gently until well combined.

Pour about 1/4 -1/2 cup into muffin tins. I made 8 good sized muffins from the mixture.

Bake until firm to touch (roughly 20 minutes).

*If you don't have coconut nectar you could try honey or maple syrup although it may make it a



bit sweeter. Taste the mixture until desired sweetness is achieved but remember that the veggies will also sweeten it somewhat.