

## Dr. Jenn's Chocolate Chip Pumpkin Spice Muffins!

- Preheat oven to 375F
- Mix together 2 tbsp ground flax seeds + 6 tbsp water and set aside to thicken.
- Line muffin tin with liners
- Whisk together 1 3/4 cups Carla's gluten free cake flour blend with Quinoa flour or Tiger flour, 1tsp baking powder, 1tsp baking soda, 1/2tsp salt, 1tsp ground cinnamon, 1/2 tsp nutmeg, and 1/2 tsp ginger.
- In large mixing bowl mix 1/2 cup spectra organic vegetable oil, 1 tsp vanilla, and the flax seed mixture. Stir in 3/4 cups coconut sugar or monk fruit extract, 1 cup unsweetened pumpkin puree, and puree until blended.
- Slowly add the dry mixture to the wet and stir until combined. Fold in chocolate chips.
- Divide batter into the 12 muffin cups and bake for 20 minutes or until toothpick inserted in the middle comes out clean.

**ENJOY!**