



Pumpkin Buckwheat Muffins

Prep Time 15 mins
 Total Time 45 mins
 Meal Type Breakfast, Snack
 Source Living Plate Teaching Kitchen

Servings 12



Ingredients

lb,c g,ml

- 2 Tbs chia seeds
- 6 Tbs water
- coconut oil spray
- 1/2 cups buckwheat flour
- 1/2 cups brown rice flour
- 1/2 cups arrowroot starch
- 2 tsp baking soda
- 1/2 tsp salt
- 1 15 ounce can pumpkin puree
- 1/4 cups coconut oil, *meltd*
- 1/3 cups maple syrup
- 2 tsp vanilla extract
- 3 Tbs coconut sugar (or other unrefined sugar)
- 2 tsp cinnamon
- 1/2 tsp nutmeg

Directions

Prep

1. Stir together chia seeds and water and let stand for 15 minutes to gel.
2. Grease muffin tin.
3. Preheat oven to 350°F.

Make

1. In a large mixing bowl, whisk together flours, starch, cinnamon, nutmeg, baking soda, and salt.
2. In a small mixing bowl, whisk together pumpkin, oil, maple syrup and vanilla. Once chia has gelled, whisk into wet ingredients to combine.
3. Add wet to dry ingredients and stir to combine.
4. Add batter to muffin cups 3/4 full and sprinkle with sugar. Bake for 25 minutes or until muffins spring back when touched.
5. Remove from oven and let stand for 2 minutes. Remove muffins from tin and let cool on wire rack.
6. Freeze leftovers.

Notes

These muffins are less sweet than most - feel free to add a bit more maple syrup if desired. Be sure to use plain canned pumpkin, not pumpkin pie mix.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	158	Total Fat 5.7g	8%	Total Carbohydrates 26g	8%
		Saturated Fat 4.0g	19%	Dietary Fiber 3g	12%
		Trans Fat 0.0g		Total Sugars 9g	
		Cholesterol 0mg	0%	Protein 2g	
		Sodium 312mg	13%		
Vitamin D 0mcg 0% · Calcium 43mg 4% · Iron 1mg 6% · Potassium 182mg 3%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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