

# Basic Pumpkin Muffins

Makes 24 muffins

## INGREDIENTS

- 3 eggs
- 1 cup of sugar (regular, brown, coconut)
- 1 (16 oz.) can of pureed pumpkin
- 1 1/2 cups oil (I usually use olive)
- 3 cups flour (all purpose, gluten free, whole wheat)
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tsp ground cinnamon (or pumpkin pie spice if you prefer)
- 1 tsp salt
- 1 cup dark chocolate chips (dairy free, semi sweet)

Set oven to 400 degrees and grease two muffins tins with coconut oil or preferred cooking spray.

In a large bowl mix together the eggs, oil, pumpkin, and sugar until smooth consistency. Gradually add in dry ingredients and mix well. Fold in the chocolate chips.

Fill muffin tins until 3/4 full. Bake for 13-16 minutes.

Let cool completely before transferring to an airtight container. Enjoy!!

