

Chocolate Pumpkin Muffins (Paleo)

****Shopping List****

- * 1/2 cup almond butter
- * 3/4 cup canned pumpkin
- * 1 large egg
- * 4 to 6 Tbsp honey
- * 1/4 cup unsweetened cocoa powder
- * 2 Tbsp ground flaxseed
- * 1/2 tsp ground cinnamon
- * 1 tsp vanilla extract
- * 1/2 tsp baking soda
- * 1/4 cup Paleo friendly mini chocolate chips, plus more for sprinkling
- * Sea salt to sprinkle on top of the muffins

Preheat your oven to 375* F and spray a 12 piece muffin pan with olive oil baking spray.

Combine the ingredients except the chocolate chips into a bowl and blend together very well using a high speed hand mixer or you may do this in a food processor. Once the batter is fully blended and smooth, add in the chocolate chips and blend thoroughly.

Fill each muffin cavity 3/4 full of batter. My batch made a perfect 12 count, you may get a little less depending on how full you're filling them. You can add additional chocolate chips on top of the muffins. I finish them off with a sprinkle of sea salt because there's nothing better than a salty/sweet combination!

Bake the muffins for 15-18 minutes and check on them by inserting a toothpick into the center of the muffin. If the toothpick comes out clean then they are done. Let the muffins cool 5-10 minutes before removing them from the pan.