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Pumpkin Spice Muffins: Simple, Healthy & Gluten Free

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I'm the first to admit that the occasional complicated kitchen concoction keeps me inspired. There's just something about multiple steps ending in success that translates love from my heart to the plate of whoever I'm feeding. Weird, right?

I suppose…I've never claimed normalcy as part of my personality! Sure, I love the simple things in life and I truly try to maintain modesty in heart and home, with my little loves and in my faith life. Simple and pure provides peace!

But….when it comes to the kitchen, I like to get a little crazy from time to time! However, since I know you're not all with me in that realm I try to provide a variety of recipes here on Happily Whole. And, this one certainly falls on the simple side.

I'm sinking my teeth in to one right now and ***pumpkin muffin simplicity has stolen my heart.*** I'm sorta loving it!

Last weekend, I passed a few of these pumpkin spice muffins out to friends and neighbors. Let's just say, they were messaging me for more!

I have another version of a pumpkin muffin coming, something more of a treat. *This first version is your healthy breakfast muffin. Soft, moist and no chunks to bite through. It's the texture of a bran muffin but without the bran…or any gluten at all, actually.*

When you give these a whirl, let me know what you think. And, don't wait too long! Afterall, pumpkin season is upon us!

Recipe category

Food Fit for the Morning [1]
Snacks and This & That [2]

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Ingredients

- ⅓ cup brown rice flour
- ⅓ cup millet flour (or you can use ⅔ cup brown rice flour and omit the millet....but I prefer the nutrition of millet flour)
- ¾ cup buckwheat flour
- ⅓ cup arrowroot starch (for a better gluten-free texture)
- 2 teaspoons ground cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon cloves
- ¼ teaspoon ginger
- ¼ teaspoon baking powder
- 1 teaspoon baking soda
- ¾ teaspoon Celtic sea salt
- ¾ cup coconut sugar
- 2 eggs (you can substitute with flax eggs*)
- ½ cup melted butter (I use grassfed, pastured butter)
- ¼ cup cold water
- 1 ⅓ cup pumpkin puree

Recipe Instructions

- Preheat oven to 325 degrees. Prepare a muffin pan (12 cups) by lightly buttering or spraying the cups. You can use cupcake liners as well.
- Mix all of the dry ingredients together in a large mixing bowl (brown rice flour through salt)
- In another bowl, mix all of the wet ingredients (sugar through pumpkin puree). Mix well. I used my hand mixer for this but you can use a stand mixer or even just stir well by hand.
- Add the wet ingredients to the dry and mix until just combined.
- Pour about ¾ cup of batter into each of the muffin cups.
- Bake for about 37 to 40 minutes (checking for doneness by lightly touching the top of a muffin. If the top seems to spring back, muffins are done!)
- TIP: I like to make double recipes of muffins we love. I freeze what we will not eat in a couple of days and just take out as we want. It's one of the ways I prepare our family for success in staying healthy. [3]

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Recipe Description

Cool weather and autumn leaves lend to cravings for coffee and muffins in the morning. These pumpkin muffins are perfectly portioned, filled with fiber, have a low calorie count, tons of carotenes and vitamins A, C and E. If you're like me, they'll become a fall breakfast favorite!

Recipe Notes

*If you want to omit the eggs because you don't have any on hand or to make this a vegan recipe, simply mix 2 tablespoons milled flax with 6 tablespoons warm water and let stand a few minutes. (If you do prefer vegan muffins, you'd also need to replace the butter with coconut oil.)

Here are some links to ingredients in this recipe I choose to use linking to where you can buy them:

*If you click through and purchase any of these products on Amazon, *Happily Whole will receive a small portion of your cost at no additional fee/cost to you. So, thank you for supporting what I do here! I am not held by contract to any of these products or companies...I am just sharing with you my favorite brands and products in hopes to make baking healthy easier for you!*

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