

## Pumpkin Chocolate Chip Muffins

### Instructions

1. Preheat the oven to 350 degrees. Prepare a muffin pan by greasing the sides of each tin with coconut oil.
2. In a mixer, add slightly melted coconut oil and brown sugar or honey. Whisk together until combined. Whisk in the eggs. Add the pumpkin puree, pie spice or cinnamon, milk, and vanilla, and mix until smooth.
3. In a separate bowl, mix whole wheat flour, salt, oats, and baking soda. Add to the wet ingredients. Mix until just combined. Fold in chocolate chips gently. Do not overmix.
4. Scoop the batter into the muffin pan, filling each tin about 2/3 full. Bake for 25 minutes. Cool before handling, muffins will be delicate.

### Ingredients

- 1 cup pumpkin puree
- 1/4 cup almond milk
- 2 eggs
- 1/2 cup brown sugar or honey
- 1/2 cup coconut oil, use additional oil to grease the muffin tin
- 1 ¾ cups whole wheat flour
- 1/3 cup old-fashioned oats
- 1/2 teaspoon salt
- 1 teaspoon pumpkin pie spice or cinnamon
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1 cup chocolate chips

### Grocery List

#### Canned Goods

- 1 can pumpkin puree

#### Dairy

- Eggs
- Almond milk

#### Baking

- Chocolate chips
- Coconut oil
- Whole wheat flour

#### Pantry

- Brown sugar or honey
- Old-fashioned oats
- Salt
- Pumpkin pie spice or cinnamon
- Vanilla
- Baking soda