

Pumpkin Cream Cheese Muffins  
(gluten free & low in cholesterol)

Makes 16 muffins. Servings 1 muffin.

Preparation: 30 min & Cook: 25 min

Ingredients:

- 1 cup all-purpose gluten free flour (nutrients used Bloomfield GF Flour)
- ¼ c light packed brown sugar
- 2 tsp baking powder
- 2 ½ tsp pumpkin pie spice
- 2 T coconut oil
- 1 cup fresh pumpkin pureed (or 1 cup canned)
- ¼ c condensed sweetened milk
- 1 egg
- 4 oz cream cheese (nutrients used Tofutti)
- 2 T agave
- Pinch of salt

Directions:

Preheat oven to 350 degrees F. In a medium bowl, beat cream cheese, sugar, & a salt until fluffy. Set this bowl aside.

In another bowl, vitamix, or Ninja cream together pureed pumpkin, coconut oil, brown sugar, & oil. Add in condensed milk, pumpkin pie spice, & baking powder. Finally, add in the flour (be sure to not over mix). Pour batter into 16 muffin cups or nonstick muffin pan sprayed with cooking spray until ½ full. Top with 1 dollop of the cream cheese mixture.

Bake for 25-30 min.



Nutrients per serving: 109 calories, 1.78g protein, 17g carbohydrates, 3.47g fat