

*Pumpkin Cornbread Muffins - The ultimate cozy accompaniment to soups, stews, chilis, and more! (gluten and dairy-free)*

**Prep Time: 10 min Cook Time: 20 min Serving Size: 12 standard muffins/ 6 large muffins**

## Ingredients

- 1 cup gluten-free cornmeal
- $\frac{3}{4}$  cup gluten-free 1-to-1 baking flour
- $\frac{3}{4}$  cup plant based milk (or your favorite)
- $\frac{1}{2}$  cup pumpkin puree (not pie filling)
- $\frac{1}{4}$  cup coconut sugar
- $\frac{1}{4}$  cup avocado oil
- 2 eggs, room temperature and lightly beaten
- 1 tsp apple cider vinegar
- 1  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp pumpkin spice seasoning
- $\frac{1}{4}$  tsp pink himalayan sea salt



## Directions

1. In a liquid measuring cup, measure out milk and add the 1 tsp apple cider vinegar or lemon juice. Mix until combined and set aside. *This is how to create "buttermilk" the plant-based way!*
2. Preheat the oven to 375 degrees.
3. In a large bowl, combine cornmeal, flour, sugar, baking powder, baking soda, spice seasoning and salt. Whisk to combine. Whisk in the rest of the wet ingredients (ie "buttermilk", pumpkin, lightly beaten eggs, and oil). Stir until combined and no dry clumps remain.
4. Scoop batter into a standard 12-cup muffin tin or a large 6-cup muffin tin (spray or grease if not nonstick).
5. Bake for 15-20 minutes, or until cooked through (a toothpick inserted in the center of a muffin and it comes out clean) and slightly golden.
6. Allow to cool slightly, then serve warm with a pad of grassfed butter and/or honey.

## Notes

- Like a spicy kick in your cornbread muffins? Feel free to mince 1 jalapeno or green chilis and add to batter.