



# Graeme Thomas Online

## Because "Good Enough", Isn't!

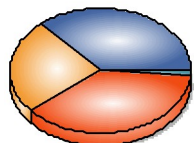
<http://graemethomasonline.com>

### Pumpkin spice coconut flour muffin

Recipe grams: 677.13g/23.9oz

Serves 6 112.86g/4.0oz per serving

Prep time: 15 min. Cook time: 25 min.



Protein: 36%  
 Carbohydrates: 25%  
 Fat: 38%  
 Alcohol: 1%

#### INGREDIENTS

- 4 tbsp Organic Coconut Flour
- 4 large EGG, CHICKEN, RAW, whole, fresh
- 4 packet SWEETNER, SUCRALOSE, SPLENDA
- 1 tsp VANILLA EXTRACT
- 1/2 tsp BAKING POWDER, DOUBLE ACTING, salt aluminum sulfate
- 1/2 cup PUMPKIN, CANNED W/SALT
- 1/2 tsp CINNAMON, GROUND
- 1 item Pea protein
- 1 cup Almond Milk

#### DIRECTIONS

1. Beat together eggs and almond milk, add vanilla extract.
  2. Add coconut flour, protein powder and sweetener, continue mixing.
  3. Add pumpkin, baking powder, and cinnamon. Mix well.
  4. Pour batter into muffin cups. Bake at 350 degrees F (205 C) for 25-30 minutes or until golden brown.
- Makes 6 jumbo muffins.

If you don't have pea protein, any protein powder should also work. Just be careful about baking with protein powders sweetened with aspartame, they taste "off" when cooked. If you prefer to use egg white instead of protein powder, use 1 cup of egg white instead of protein and lower the amount of almond milk used by 1/2 cup.

Nutrition Facts	
Serving Size: 1 serving (112.9g)	
Servings: 1	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>8%</b>
Saturated Fat 1.5g	<b>6%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 140mg	<b>45%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 2g	
<b>Protein</b> 10g	
Vitamin A 70%	• Vitamin C 2%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	