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## Choco Chip Pumpkin Muffins (S)

*Are you ready to "pumpkin spice all the things" this season? We are too, which is why we created these scrumptious pumpkin chocolate chip muffins to start getting our pumpkin on! These muffins marry two of our most favorite things... our all new Trim Healthy Chocolate Chips with the flavors of pumpkin. Trim Healthy Chocolate chips have no fillers (such as dextrin, maltitol, or inulin) that most sugar-free chocolate chips use. They are smooth on the tongue and sweetened with only pure stevia and erythritol to create that semi-sweet taste just right for baking. Paired with pumpkin... you have a perfect union! These muffins are delicious for breakfast or an afternoon snack paired with a Trimmy or plain ol' coffee with cream.*

Makes approximately 12 standard-size muffins.

### **Ingredients:**

- 3 large eggs
- 1/2 cup egg whites
- 3/4 cup canned pumpkin puree
- 3 Tablespoons melted coconut oil or butter
- 1 teaspoon pure vanilla extract
- 1/3 cup unsweetened nut milk (or water)
- 1/2 cup Gentle Sweet (or 3 Tablespoons Super Sweet Blend)
- 1/8 teaspoon Pure Stevia Extract Powder
- 1.5 cups THM Baking Blend
- 1.5 teaspoons aluminum-free baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon pumpkin pie spice  
(Or, use 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg, and 1/4 teaspoon cloves)
- 1/4 to 1/3 cup Trim Healthy Chocolate Chips (You can use any other stevia-sweetened chocolate chips, if desired, or chopped 85% chocolate.)
- Coconut oil cooking spray

### **Instructions:**

1. Preheat oven to 350 degrees and spray a 12-cup muffin tin with coconut oil cooking spray.
2. Whisk eggs, egg whites, pumpkin puree, coconut oil or butter, vanilla, almond milk or water, and sweeteners together in a medium or large bowl.

***(Instructions continued on the next page...)***

3. Add Baking Blend, baking powder, baking soda, and spices to wet mixture, stirring to fully incorporate. Gently fold in chocolate chips.
4. Fill muffin holes and bake for 20 minutes or until the toothpick comes out clean.



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The *Choco Chip Pumpkin Muffins* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).