Pumpkin Pie Muffins (GF)

What you'll need to bake these delicious and healthy grain-free pumpkin pie muffins:

- 3/4 cup pumpkin puree
- 2 large eggs
- 1/3 cup pure maple syrup *(or honey)*
- 1/4 cup whole milk yogurt *(or unsweetened applesauce)*

Preheat oven to 350 degrees. Line a 12-cup muffin pan with paper liners. In a large bowl, using a mixer, blend together the pumpkin, eggs, maple syrup and yogurt until smooth and creamy. Then, dump the contents of the jar into the bowl and use a large spoon to mix together until well blended. Fill muffin liners 2/3 full with batter. Bake for 20 minutes. Then, turn the oven down to 325 degrees and continue baking another 10 minutes, until a toothpick inserted in center comes out clean. Enjoy!
(Recipe courtesy of TheNourishingHome.com)

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