

Pumpkin Muffins (Gluten-Free and Dairy-Free)

Recipe makes 16 standard-size muffins (see note below regarding mini-muffins and bread)

Ingredients

- 1 ½ cups rice flour* (200 g)
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 eggs
- ⅓ cup light olive oil (30 g)
- ¾ cup applesauce (90 g)
- teaspoon vanilla, or more to taste
- 1 (15-ounce) can pumpkin puree
- 1 ⅓ cups white sugar (260 g)



Directions

1. Preheat oven to 350° F (175 ° C). Place 8 baking cups in the wells of two muffin pans for a total of 16.
2. Combine rice flour, salt, baking powder, baking soda, cinnamon, and nutmeg in a small bowl. Set aside
3. With a whisk, mix eggs, oil, applesauce, vanilla extract, pumpkin, and sugar together in a large bowl. Add in dry ingredients and mix until well blended
4. Fill each lined muffin well with approximately ¼ cup of batter or until about ¾ full
5. Bake in the preheated oven until a toothpick inserted into the center comes out nearly clean, 27 - 30 minutes. Let cool for 5 minutes and then transfer muffins to a wire rack to cool completely.

* I use Bob's Red Mills Brown Rice Flour

Note: Recipe can be used to make 32 mini-muffins as well as 1 9"x5" loaf of bread. Baking time for mini-muffins, 23 - 25 minutes; baking time for bread 45 - 50 minutes (line loaf pan with parchment).