

# Cinnamon and Ginger Pumpkin Muffins

## Ingredients

1 ½ cups banana (mashed)  
1 cup canned pumpkin (puree)  
1 teaspoon ginger powder  
2 teaspoons cinnamon  
2 tablespoons olive oil  
2 teaspoons vanilla extract  
2 eggs (room temperature)  
¼ teaspoon salt  
¼ cup tapioca flour/starch  
½ cup coconut flour (sifted)  
½ cup white rice flour  
½ teaspoon baking soda  
1 teaspoon baking powder  
2 tablespoons pumpkin seeds (sprinkle before going into the oven)

## Method

Preheat your oven to 350 degrees Fahrenheit. Place all of your dry ingredients in a bowl and place your wet ingredients into another. Blend the wet ingredients with a hand blender until smooth, then add your dry ingredients and combine with a spatula until the batter has come together.

Spray the muffin tin with olive oil or coconut oil or use muffin papers and separate the batter into 12 cups. Bake for 20-25 minutes

\*You can freeze this loaf but I highly recommend you reheat it by the slice or the whole loaf before eating it. The soft moist consistency will come right back if you do reheat it.