

Best Ever Pumpkin Muffins

Serves: 24

(You can easily halve the recipe if you just want to make 12, but be warned, they disappear quickly!)

Ingredients:

- 3 1/2 cups gluten free flour (e.g. Bob's 1:1) (or you can use regular flour)
- 2 teaspoons baking soda
- 1 teaspoon salt
- 4 teaspoons cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon nutmeg
- 1 cup canola oil
- 2 eggs
- 1 cup honey (or a little less is also fine)
- 2 15-ounce cans pure pumpkin puree
- 2 teaspoons vanilla extract

Directions:

1. Preheat the oven to 375 degrees and place 24 paper liners into each well of your standard size muffin baking pans or grease the wells thoroughly.
2. Measure out the flour, baking soda, salt, and spices in a large bowl and whisk together. Set aside.
3. In another bowl, whisk together the eggs, honey, pumpkin puree, canola oil, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir together. **Do not over mix**, just stir until everything is incorporated into the batter.
5. It is helpful to use a large scoop (like an ice cream scoop) to evenly distribute the batter into each well. They will be nearly full. This will help give your muffins a nice puffy dome.
6. Bake your muffins for 20-22 minutes or until a toothpick inserted into the center of a muffin comes out clean.