

Superhero Pumpkin Streusel Muffins

MAKES 12 MUFFINS | GLUTEN-FREE | VEGETARIAN



Muffin Ingredients:

- 1 1/4 cup oat flour
- 1 1/4 cup rolled oats
- 1 cup almond flour
- 1/2 cup chopped pecans
- 1 1/2 tbsp pumpkin pie
- 1 tsp baking soda
- 1/2 tsp fine sea salt
- 3 eggs
- 1 (15 oz) can pure pumpkin puree
- 6 tbsp (3/4 stick) unsalted butter, melted
- 1/3 cup maple syrup

Topping Ingredients:

- 1/3 cup finely chopped pecans
- 1/3 cup rolled oats
- 2 tbsp unsalted butter, cubed, at room temp
- 2 tbsp coconut sugar (regular is fine too)
- 1/4 tsp fine sea salt

Directions:

1. Preheat oven to 350 degrees. Line your muffin tin with paper liners or use silicone muffin pan
2. In a large bowl, combine the oat flour, oats, almond flour, pecans, pumpkin pie spice, baking soda, and salt
3. In a separate bowl, whisk together the eggs, pumpkin, melted butter, and maple syrup. Add the wet ingredients to the dry ingredients and stir until combined.
4. To make the topping, in a small, combine the pecans, oats, butter, sugar, and salt. Use your fingers to work the butter into the oats and sugar until the mixture begins to clump.
5. Spoon the batter into the muffin cups. Scoop a heaping tablespoon of topping onto each muffin. Spread the topping evenly over the top and lightly press down so it sinks into the batter. Bake until the muffins are firm on top and a knife inserted into the center comes out clean, 30 to 35 minutes. Transfer to a rack to cool.
6. Store leftover muffins in an airtight container in the **fridge** for up to one week, or in the freezer for up to 3 months. Reheat in the oven at 300 degrees for 10 minutes or microwave on low for 30 seconds.