Pumpkin Muffins (Classic — with Flour)

Tender, fragrant, and deeply satisfying.

Ingredients

- 1½ cups all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ tsp cinnamon
- ½ tsp ginger
- ¼ tsp nutmeg
- ¾ cup pumpkin purée
- 2 eggs
- ⅓ cup neutral oil (or melted butter)
- ½ cup sugar (or ¼ cup sugar + ¼ cup maple syrup)
- 1 tsp vanilla extract or vanilla bean paste
- ¾ cup finely grated carrot
- Optional: ½ cup raisins or chopped nuts
- Optional topping:
- Pumpkin seeds or coarse sugar

Method

1. Heat oven to 350°F. Line or grease a muffin tin.
2. Whisk flour, baking powder, baking soda, salt, and spices.
3. In a separate bowl, whisk pumpkin, eggs, oil, sugar, and vanilla.
4. Stir wet ingredients into dry until just combined.
5. Fold in grated carrot and any add-ins.
6. Divide batter evenly into muffin cups; add topping if using.
7. Bake 22–26 minutes, until set and lightly domed.
8. Cool 10 minutes in pan, then transfer to a rack.

Notes

Tender crumb, classic flavor
Keeps 3 days at room temperature, 5 days refrigerated, freezes well
This is the least fussy and most crowd-pleasing version

Pumpkin–Carrot Protein Muffins with Chia & Pumpkin Seeds (Unsalted Version)

(Almond Flour — Gluten-Free)
Moist, dense, and gently sweet; best refrigerated.

Yield: 12 muffins
Per muffin: ~125 kcal | 8 g protein | 7 g fat | 7 g carbs | 3 g fiber

Ingredients

- 1 cup canned pumpkin (not pie filling)
- 1 cup finely grated carrot (about 2 medium)
- 1 cup almond flour
- ¼ cup vanilla whey protein powder (≈ 30 g Isopure Vanilla recommended)
- ¼ cup oat flour (or quick oats blended fine)
- 2 large eggs
- 2 Tbsp olive oil or melted coconut oil
- ¼ cup unsweetened applesauce
- ¼ cup raisins
- 1 tsp vanilla extract
- 1½ tsp cinnamon
- ½ tsp nutmeg
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp fine sea salt
- 2 Tbsp roasted unsalted pumpkin seeds, plus extra for topping
- 1 Tbsp chia seeds
- Optional: 1 Tbsp maple syrup or zero-cal sweetener

Instructions

1. Preheat oven to 350 °F (175 °C). Line or grease a 12-cup muffin tin.
2. In a large bowl, whisk pumpkin, applesauce, oil, eggs, and vanilla.
3. In another bowl, combine almond flour, oat flour, protein powder, chia, spices, baking powder, baking soda, and salt.
4. Fold wet + dry together; stir in grated carrot, raisins, and pumpkin seeds.
5. Fill muffin cups ¾ full; sprinkle a few seeds on top.
6. Bake 24–27 min, until golden and springy.
7. Cool 10 min in pan, then transfer to a rack to finish setting.

The unsalted seeds actually let the warm spices shine more clearly — cinnamon and nutmeg come through with that sweet-earthy balance from the pumpkin and carrot.

Storage & Reheating:

Almond-flour muffins are best stored in the refrigerator. Once fully cooled, keep in an airtight container for up to 7 days. To reheat, warm briefly in the microwave (15–20 seconds) or in a low oven until just heated through.