

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pumpkin Pucks

www.paleoparents.com

These can be served as a snack or breakfast. They have a dense texture, similar to a brownie, because they do not rise when baked. They are gluten, dairy and egg-free.

1 cup pumpkin puree
1 cup almond butter
¼ cup honey
2 Tbsp maple syrup
2 eggs
⅓ cup almond flour
1 Tbsp cinnamon
1 tsp nutmeg
½ tsp salt

Optional: ⅓ cup mini chocolate chips (Keep in mind that most chocolate chips do have dairy in them unless you buy ones that specifically say dairy-free. There is a brand called *Enjoy Life* that makes dairy-free chips, and you can buy them at Whole Foods.) or chopped nuts for decorating

1. With electric mixer or stand mixer, whip pumpkin and almond butter together until thoroughly combined.
2. Add honey and syrup and beat in eggs one at a time.
3. Add dry ingredients to wet and mix until just combined.
4. Fill muffin cups ¾ full in greased muffin tins.
5. Top with decorations, if desired. (They are good without anything)
6. Bake at 350 degrees for 20 minutes. They will be firm to the touch but a testing knife or stick will *not* come out clean.

Makes 1 dozen pucks. Store at room temperature only for a day or two, otherwise keep in the fridge or freezer.