

# Gluten-free Pumpkin Muffins

*Created by Rachel Scanlan, FSHN graduate student*

## Ingredients:

1 cup white rice flour  
½ cup potato flour  
¼ cup tapioca flour  
1 teaspoon xanthan gum  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 teaspoon pumpkin pie spice  
1 ¼ cup sugar + 1 tablespoon  
1 can of packed pumpkin (15 ounces)  
2 large eggs  
⅓ cup unsweetened applesauce  
1 teaspoon cinnamon

## Instructions:

Preheat oven to 350°F. Put liners in muffin pans.

Mix together rice flour, potato flour, tapioca flour, xanthan gum, baking powder, baking soda, salt, pumpkin pie spice, and 1 ¼ cups sugar.

In a separate bowl, whisk together pumpkin, applesauce, and eggs. Add wet ingredients to dry ingredients. Mix 15 – 20 strokes. Batter should be thick and lumpy.

Mix together cinnamon and 1 Tbsp. sugar in a separate bowl.

Add batter to muffin cups. Sprinkle top with cinnamon-sugar mixture. Bake until golden brown and toothpick inserted into the center of the muffin comes out clean, 25-30 minutes.

Cool in pan for five minutes then transfer muffins from pan to rack.

Yield: 8-12 muffins

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

## Nutrition Facts

Serving Size 1 muffin (116g)  
Servings Per Container 8-12

Amount Per Serving

Calories 240      Calories from Fat 10

% Daily Value\*

Total Fat 1.5g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 35mg      12%

Sodium 260mg      11%

Total Carbohydrate 54g      18%

Dietary Fiber 3g      12%

Sugars 29g

Protein 3g

Vitamin A 130%      • Vitamin C 4%

Calcium 4%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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