

Starbucks Pumpkin Cream Cheese Muffins

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Servings: 9

Ingredients:

Pumpkin muffins:

- 1 cup almond flour
- ¼ cup coconut flour
- ⅓ cup avocado oil
- 2 large eggs

- 2 tsp baking powder
- 1 cup no sugar added pumpkin puree
- ½ cup sweetener of choice
- 1 tsp pumpkin pie spice (add more if you'd like!)
- 1 tsp vanilla extract
- Pinch of salt

Cream cheese mixture:

- 8 oz cream cheese, softened
- ¼ cup powdered sweetener
- ½ tsp vanilla extract
- 1 egg yolk

Directions:

1. Preheat oven to 375F
2. In a large bowl, mix all of your dry ingredients
3. In another, add all of your wet ingredients. You want to make sure that whisk this well.
4. Slowly incorporate your dry ingredients into your wet.
5. Next, make your cream cheese mixture.
6. Fill your muffin pan with liners and scoop using a spoon or ice cream scooper. You can swirl your cream cheese mixture on top or add a dollop on top.
7. Bake for 20-25 minutes until the middle comes out clean with a toothpick.

Nutrition:

Nutrition per serving:

- Calories - 276
 - Fat - 26g
 - Protein - 5g
 - Total Carbs - 20g
 - Net Carbs - 4g (mainly from allulose)
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