

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Paleo Pumpkin Muffins**

Contributed by Ali. Adapted from [friskylemon.com](http://friskylemon.com).

- 1 1/2 cups almond meal
- 3/4 cup canned pumpkin
- 1 tsp baking powder
- 1 tsp baking soda
- 1 1/2 tsp pumpkin pie spice
- 1/8 tsp salt
- 1 tsp vanilla extract
- 3 eggs
- 1/4 cup maple syrup (optional)
- 1/2 cup dried cranberries
- 1/2 cup pecans

Preheat oven to 350.

Mix all of the dry ingredients together in a large bowl. Add the eggs, vanilla and maple syrup to the dry mix. Once wet and dry ingredients are combined add the pumpkin, dried cranberries and pecans. Once everything is thoroughly mixed, scoop batter into a greased or paper lined muffin tins. Sprinkle shredded coconut on top.



**[www.eliteathletic.com](http://www.eliteathletic.com) • 847.394.8110**

Elite Athletic Development North—CrossFit Arlington Heights • 12 W College Dr • Arlington Heights 60004  
Elite Athletic Development Downtown—CrossFit Axis • 43 S Dunton Ave • Arlington Heights 60005