

5-Ingredient Pumpkin Almond Flour Bites (Gluten-Free & Vegan)

There are three main reasons why this recipe has become a staple in the Griffith household:



OVEN
350°F

TIME
20 min

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INGREDIENTS

1 cup Almond Flour: Ensure you use "finely blanched" almond flour rather than almond meal for the softest texture.

3 tbsp Pumpkin Puree: Use 100% pure canned pumpkin, not pumpkin pie filling (which has added sugars and spices).

3 tbsp Pure Maple Syrup: This provides a rich, amber sweetness that pairs perfectly with pumpkin.

1 tsp Pumpkin Spice (Optional): A blend of cinnamon, nutmeg, ginger, and cloves to amp up that fall flavor.

Optional Donut-Style Coating:

1 tbsp Maple Syrup: Used to help the coating stick.

2 tbsp Cinnamon Sugar: A mix of granulated sugar (or coconut sugar) and ground cinnamon.

DIRECTIONS

1. Preheat & : Prep: Start by heating your oven to 350°F (175°C). Line a standard baking tray with parchment paper or a silicone baking mat to prevent sticking.
2. Mix the : Dough: In a medium mixing bowl, stir together the almond flour, pumpkin puree, maple syrup, and pumpkin spice. Mix until a soft, cohesive dough forms. It should be moist but hold its shape when pressed.
3. Shape the : Bites: Scoop out about 1 tablespoon of dough at a time. Roll them between your palms into smooth balls. Place them on the prepared tray about an inch apart (they won't spread much).
4. Bake: Bake for 12-14 minutes. You are looking for the edges to be lightly golden and the centers to feel set to the touch.
5. Cool: This is the hard part-waiting! Let them rest on the tray for at least 5 minutes. They are fragile when hot but firm up beautifully as they cool.
6. Optional : Finish: For a "donut hole" vibe, lightly brush each cooled bite with a tiny bit of maple syrup and roll them in the cinnamon sugar mixture.

SWAPS & NOTES

The Flour: I do not recommend substituting coconut flour 1:1 here, as coconut flour is much more absorbent and will make the bites crumbly.

If you have a nut allergy, sunflower seed flour is a great alternative.

The Sweetener: If you aren't vegan, honey works beautifully as a substitute for maple syrup.

The Spice: If you don't have a pre-made pumpkin spice blend, a heavy pinch of cinnamon and a tiny grating of fresh nutmeg will do the trick.

TIPS FOR SUCCESS

Blot Your Pumpkin: If your canned pumpkin seems particularly watery, spread it on a paper towel and pat it dry.

This prevents the dough from becoming too sticky.

Don't Overbake: Because almond flour has a high oil content, these can go from "perfect" to "burnt" quickly.

Pull them out when they still look a little soft.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/5-ingredient-pumpkin-almond-flour-bites-gluten-free-vegan/>