



Pumpkin Muffins

Ingredients:

- 1.5 cups oat flour (or rolled oats, blended)
- 1 cup pumpkin puree, canned or fresh
- 1/4 cup almond milk (can substitute any milk)
- 1/4 cup applesauce, unsweetened
- 1/4 cup maple syrup
- 2 tbsp coconut oil, melted
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp vanilla

Directions:

1. Preheat oven to 350 F
2. Add dry ingredients to a large bowl; Whisk to combine; In a separate bowl, add wet ingredients; Whisk to combine
3. Add wet ingredients to dry ingredients; Whisk to combine
4. Pour into lined muffin tin (makes about 8 muffins); Bake for 30 minutes
5. Enjoy!

Cookware needed:

- Large bowl
- Smaller bowl
- Whisk
- Muffin tin and liners

Cost: \$

Ease: 

Health Benefit: Pumpkin contains beta-carotene an antioxidant that promotes health and prevents disease. Pumpkin also contains vitamin A to support healthy vision and vitamin C to support immune health. It also provides minerals like calcium, potassium, and magnesium which support heart health. Oats are a great source of fiber which promotes bowel health and helps keep us fuller for longer.