

Pumpkin Muffins

INGREDIENTS:

DRY:

- 2 cups of oat flour
- 1 teaspoon of baking soda
- 1 teaspoon of ground cinnamon
- 1/2 teaspoon of ground ginger
- 1/4 teaspoon of salt
- *1/2 cup of pumpkin seeds for topping

WET:

- 1 15-ounce can pumpkin or 2 cups fresh pumpkin puree
- 1/3 cup of melted coconut oil
- 2 flax eggs (2 tablespoons of ground flax in 2 tablespoons of water. Set aside for 15 minutes)
- 1 teaspoon of vanilla
- 1/3 cup of agave syrup
- (1 cup of coconut milk to mix separately with the flour mixture.

Nutritional Information per plain muffin:

147 calories
7.4 grams total fat
Saturated fat 5.6 gr
Polyunsaturated .5 gr
Monounsaturated .3 gr
Cholesterol 0.0 mg
Sodium 1.6 mg
Total carbohydrates 18.8 gr
Fiber 3.2 gr
Sugar 8.3 gr
Protein 2.5 gr

DIRECTIONS:

1. Heat your oven to 350 degrees.
2. Place parchment paper liners in muffin pan.
3. Mix all the wet ingredients (except the coconut milk) in a food processor. Set aside.
4. In a large bowl, whisk together the dry ingredients.
5. Pour the coconut milk into the dry ingredients and gently stir.
6. Stir the wet ingredients into mixture from step 5. Do not over mix.
7. Spoon the batter into muffin pan.
8. Bake for approximately 20 minutes.
9. Test the muffins with a toothpick. It should come out clean.

Note:

This recipe makes 12 marvelous muffins or a 9-inch loaf pan. Loaf takes about an hour to bake in 350 degree oven.

**Increase wow factor by using chocolate chips instead of seeds!*



By Samantha Cohen

I love that each muffin contain **93.8%** daily recommended allowance of **VITAMIN A**



Recipe by Mer's Mom