PUMPKIN OATMEAL MUFFINS

PREP 5 MIN | COOK 18 MIN | YIELDS 10 muffins

INGREDIENTS: DIRECTIONS:

1/3 C. melted coconut oil or Preheat oven to 325 degrees. Spray muffin tin with spray.

Extra Virgin Olive Oil

½ C. Maple Syrup or Honey In large bowl, whisk oil, syrup and pumpkin puree. Add eggs,

and mix well. Whisk in puree, milk then baking soda, vanilla,

1 C. Pumpkin Puree salt, cinnamon, ginger, nutmeg, & allspice.

Stir in flour & oats until just combined. Add Chocolate Chips

1 C. Pumpkin Puree and stir until batter is moist. Batter should be dense and not runny.

2 eggs (Room Temp) Divide batter evenly into muffin tips or a muffin top pan which is what I like to use.

¼ C. Milk of Choice Sprinkle tops with toppings of your choice.

1 tsp. baking soda Bake muffins for approx. 18 min. Check for doneness by

touching the tops. If they seem soft, back an additional minute.

1 tsp. vanilla extract Keep an eye on them to not over bake. Place on cooling rack.

1 tsp. vanilla extract Serve warm. If you freeze, cool completely and place in a freezer bag. Reheat for approx. 30 sec. ENJOY!

½ tsp. salt

½ tsp. cinnamon

NOTES: You can egg substitute instead of eggs.

½ tsp. ground ginger

¼ tsp. nutmeg

¼ tsp. allspice or cloves

1 ¾ C whole wheat flour

1/3 C. Old Fashion Oats

½ C. Chocolate Chips

TOPPINGS: Nuts, Oatmeal, Turbino Sugar

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