

Recipe of the Week

Pumpkin Muffins

Have extra pumpkin pie filling? Try this healthy pumpkin muffin recipe!

Ingredients:

¼ cup melted coconut oil or extra-virgin olive oil

¼ cup honey

4 tablespoons brown sugar substitute

2 eggs, at room temperature

1 cup pumpkin purée

¼ cup almond milk

2 teaspoons pumpkin spice blend

1 teaspoon baking soda

1 teaspoon vanilla extract

½ teaspoon salt

1 ¾ cups whole wheat flour

⅓ cup old-fashioned oats, plus more for sprinkling on top



Instructions:

1. Preheat the oven to 325°F.
2. Grease all 12 cups of your muffin tin with non-stick cooking spray.
3. In a large bowl, beat the oil and honey together with a whisk.
4. Add the eggs, and beat well. Add the pumpkin purée, almond milk, pumpkin spice blend, baking soda, vanilla extract, and salt.
5. Add the flour and oats to the bowl and mix with a large spoon, just until combined- do not overmix, or you will have rubbery muffins.
6. Divide the batter evenly between the muffin cups.
7. Sprinkle the tops of the muffins with about a tablespoon of oats.
8. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
9. Place the muffin tin on a cooling rack to cool.

Note: The muffins are delicate until they cool down. You might need to run a knife along the outer edge of the muffins to loosen them from the pan.

Makes 12 muffins. Count each muffin as a snack.