

Clean Eating! Pumpkin Muffins

1 ½ cups Whole Grain Oat Flour
1 tsp Baking Powder
1 15oz Can Solid Packed Pumpkin
⅓ cup Coconut Oil (melt)
2 Large Eggs
1 tsp Pumpkin Pie Spice
½ tsp Ground Cloves
½ tsp Ground Nutmeg
1 cup Maple Sugar
½ tsp Baking Soda
½ tsp Salt

Directions:

Preheat oven to 350F. Put liners in muffin cups or spray pan with Pam for easy removal. Makes 12 Muffins.

1. Whisk together flour and baking powder in a small bowl
2. Whisk together pumpkin, oil, eggs, all spices, sugar, baking soda and salt in a large bowl until smooth then whisk in flour mixture until combined.
3. Divide batter amount muffin cups, about ¾ full.
4. Bake until golden brown (25-30 minutes).

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