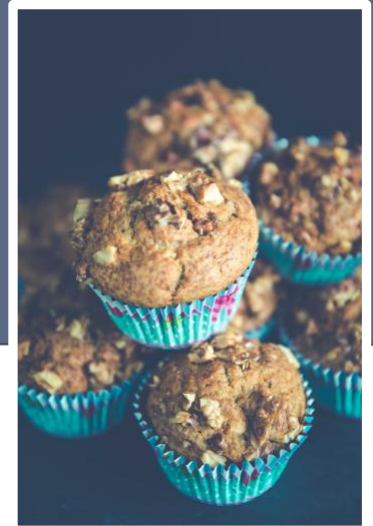


PUMPKIN MUFFINS



HEALTHY EATING SERIES
COMPLIMENTS OF SFG



Ingredients

1/3 cup extra-virgin olive oil
1/3 cup maple syrup or honey
2 eggs, at room temperature
1 cup pumpkin puree
1/4 cup milk of choice
2 tsp pumpkin spice blend (or cinnamon)
1 tsp baking soda
1 tsp vanilla extract
1/2 tsp salt
1 3/4 cups whole wheat flour
1/3 cup old-fashioned oats

OPTIONAL

2 tsp raw sugar
Mix-ins, such as nuts, chocolate or dried fruit

Nutrition

Pumpkin is a great source of *beta-carotene* (antioxidant), which your body converts to *Vitamin A*.

Oats are high in *fiber*, *iron* and *magnesium*.

These muffins are also a good source of *Vitamin B2* (from oats, eggs and milk), which is one of eight important B vitamins required for maintaining the body's energy supply and digesting and absorbing other nutrients.

Preparation time

10 min

Cook time

25 min

Total time

35 min

Servings

12 muffins

Description

These easy, one bowl pumpkin muffins will keep you smiling all winter long. Not only are they quick, but you can also use your creativity by changing up the mix-ins each time you bake them. Enjoy!

Directions

1. **Preheat:** Set the oven to 325 degrees Fahrenheit. Grease muffin tin or add liners, unless you are using a non-stick tin.
2. **Beat Wet Ingredients:** Beat the oil and maple syrup or honey together with a whisk. Add eggs and beat well. Add the pumpkin, milk, pumpkin spice blend, baking soda, salt, and vanilla extract.
3. **Add Dry Ingredients:** Add the flour and oats and mix with a large spoon, just until combined. If you want to add any mix-ins, add them now.
4. **Bake:** Divide the batter evenly between the muffin cups and bake for 20-25 minutes, or until an inserted toothpick comes out clean.

Notes

Toppings: Sprinkle the top of the muffins with a little raw sugar to add a sweet crunch, or dust them with additional pumpkin spice or oats. You can also top them with nuts, dried fruit or chocolate chips.

Making Extra: These muffins freeze well. Make extra and defrost individually in the microwave for 30 to 60 seconds for a quick and healthy snack.

Gluten Free Option: Replace the whole wheat flour with gluten-free all-purpose flour.

Make it a Meal: Enjoy 2 muffins with nut butter and a side of berries to make this a wholesome meal.

Original Source: This recipe was adapted from [Cookie + Kate](#)