

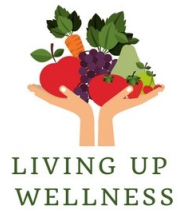
Pumpkin Muffins



Course : Breakfast

Categories : Vegetable, Whole grain

Source : www.livingupwell.com



Serving size : 24 muffins

Preparation time : 10 mins

Cooking time : 20 mins

Ingredients

2 cups Pumpkin puree (not pumpkin pie)

1 teaspoon pumpkin spice

1/2 teaspoon cinnamon

1/2 teaspoon sea salt

1 teaspoon vanilla extract

4 eggs

1/4 cup unsweetened applesauce

3.5 cups whole wheat pantry flour or white whole wheat flour

2 teaspoons baking soda

1/2 cup honey

Optional: 2 scoops Vanilla flavored protein powder (I like Garden of Life Raw Vanilla Protein Powder)

Paper or silicon cupcake liners

Directions

Preheat oven to 350 F.

1. In a medium bowl combine the dry ingredients: whole wheat flour, baking soda, protein powder (if using)
2. In a separate bowl, mix your wet ingredients: pumpkin puree, eggs, vanilla extract, cinnamon, salt, pumpkin spice, applesauce, honey
3. Pour dry ingredients into the wet ingredients and gently stir until just combined (overmixing will make dense, chewy muffins).
4. Place paper or silicon cupcake liners in muffin tins. Distribute batter into each muffin cup, filling up to 3/4 full.
5. Place on middle rack and bake for 20-22 minutes, or until a toothpick inserted into muffin comes out with no liquid batter. (Times vary by oven)