

# Pumpkin Oat Muffins

Servings: 3 Dozen mini muffins

RECIPE BOX

## INGREDIENTS

1 1/2 CUPS PUMPKIN PUREE  
1/2 CUP MAPLE SYRUP  
1/4 CUP VIRGIN COCONUT OIL, MELTED  
2 EGGS  
1 TSP BAKING SODA  
1 TSP VANILLA  
1/2 TSP SALT  
2 TSP PUMPKIN SPICE BLEND  
1 CUP FLOUR OR 1/2 CUP COCONUT  
FLOUR  
1 CUP OATS

## DIRECTIONS:

**STEP 1:** Mix all wet ingredients then mix in dry ingredients.

**STEP 2:** Bake at 350 for 10-12 minutes. Makes 3 dozen mini muffins



**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 64; Carbs 9g; Protein 2g; Fat 2g; Fiber 2g; Sugar 3g

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