

Pumpkin Muffins

Servings: 12 muffins (1 muffin = 1 serving)

RECIPE BOX

INGREDIENTS

1 CUP ALL PURPOSE FLOUR
(COCONUT FLOUR IS GREAT TOO)
1/2 CUP WHOLE WHEAT FLOUR
3 TBSP WHEAT GERM OR GROUND FLAXSEED
2 TSP BAKING POWDER
1 TBSP PUMPKIN SPICE
1/2 TSP SALT
3/4 CUP SUGAR
1/4 CUP BROWN SUGAR
3/4 CUP PUMPKIN PUREE
1/3 CUP COCONUT OIL (MELTED)
1/4 CUP ALMOND MILK
2 TSP VANILLA
1 MEDIUM APPLE, THINLY SLICED



DIRECTIONS:

STEP 1: Mix all dry ingredients.

STEP 2: Mix wet ingredients, then fold wet into dry until well combined.

STEP 3: Spray muffin tin, add batter, then add 1-2 apple slices on top.

STEP 4: Bake 12-14 minutes at 400 degrees.



Opt for coconut flour.



This recipe is vegetarian as written.

Nutrition per Serving: Calories 198, Total Fat 7g, Carbs 33g, Protein 2g, Fiber 2g, Sugars 19g.

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