## **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



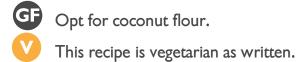
## **DIRECTIONS:**

**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.



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