

Pumpkin Muffins

Ingredients

2 T Vegetable Oil (plus 2 1/2

1/4 c Maple Syrup

1/2 c Pumpkin Puree

1 t Ground Cinnamon

1/2 t Ground Nutmeg

1/2 t Baking Soda

1/4 t Salt

tablespoons)

1 t Turbinado Sugar

teaspoons)

1 Egg (room temperature)

2 T Milk

1/2 t Ground Ginger

1/4 t Ground Allspice

1 t Vanilla Extract

3/4 c Wheat Flour (plus 2

2 T Oats (plus 2 1/2 teaspoons)

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Instructions

- 1.Preheat oven to 325 degrees Fahrenheit. Grease all muffin tin with non-stick cooking spray.
- 2.In a small bowl add flour, oats, cinnamon, ginger, allspice, nutmeg, baking soda, and salt. Whisk together until combined and set aside.
- 3.In a large bowl, beat the oil and maple syrup together with a whisk. Add the egg, and beat well. Add the pumpkin purée, milk, and vanilla and mix until combined.
- 4.Fold in the dry ingredients until fully incorporated. If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with turbinado sugar.
- 5.Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean. Place the muffin tin on a cooling rack to cool for 10 minutes then take them out to cool completely on the cooling rack.