

Healthy (and delicious) Pumpkin Muffins



While I LOVE fall flavors, especially pumpkin, I do not have much of a sweet tooth and so those over sweetened lattes and pumpkin breads do nothing for me. These muffins have enough sweetness to satisfy as a treat but are healthy enough to indulge in regularly with a steaming tea of coffee. I adapted this one from cookieandkate.com a website that I often find baking inspiration on. Check it out.

Ingredients:

- ⅓ cup melted coconut oil
- ½ cup pure maple syrup (you can adjust for your taste)
- 2 eggs
- 1 ⅓ cup pumpkin puree
- ¼ cup milk (I use Ripple or coconut)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- ¼ teaspoon allspice
- ¼ teaspoon ground cloves
- 1 ¾ cups white whole wheat flour (you could also use regular whole wheat flour)
- ⅓ cup old-fashioned oats

1. Preheat the oven to 325 degrees Fahrenheit. Prepare pans or use the liners.
2. In a medium bowl put the flour and oats along with the baking soda, salt, cinnamon, ginger, nutmeg, allspice, and cloves mix with a whisk to combine.
3. In a large bowl whisk together coconut oil and maple syrup. Add the eggs and beat well, adding the pumpkin puree, milk and vanilla extract.
4. Add the dry ingredients to the wet mixture and mix with a large spoon until just combined.
5. Divide the batter evenly between the muffin cups.
6. Bake muffins for 23 to 26 minutes, or until a toothpick inserted into a muffin comes out clean.
7. Place the muffin tin on a cooling rack to cool.

Enjoy!