



Skeena Diversity's International Cooking Online

December 8, 2020

HEALTHY PUMPKIN MUFFINS by Krista Ramsay

Ingredients

- ... 1/3 cup melted coconut oil or extra-virgin olive oil or oil of choice
- ... 1/2 cup maple syrup, honey, or apple sauce
- ... 2 eggs, at room temperature
- ... 1 cup pumpkin purée
- ... 1/4 cup milk of choice
- ... 2 teaspoons pumpkin spice blend (or 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, 1/4 teaspoon ground nutmeg, and 1/4 teaspoon ground allspice or cloves)
- ... 1 teaspoon baking soda
- ... 1 teaspoon vanilla extract
- ... 1/2 teaspoon salt
- ... 1 3/4 cups whole wheat flour (or flour of your choice, any will do)
- ... 1/3 cup old-fashioned oats, plus more for sprinkling on top
- ... Additional mix-ins (nuts, chocolate chips, cranberries)
- ... Optional: sugar for topping (I did brown sugar)



Instructions

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius). If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray or line with muffin cups
2. In a large bowl, beat the oil and maple syrup/honey/apple sauce together with a whisk. Add the eggs, and beat well. Add the pumpkin purée, milk, pumpkin spice blend, baking soda, vanilla extract and salt.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined (a few lumps are ok). If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
4. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with about a tablespoon of oats (if you'd like), followed by a light sprinkle of raw sugar and/or pumpkin spice blend if you'd like. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down.

Original recipe: <https://cookieandkate.com/healthy-maple-pumpkin-muffins/#tasty-recipes-23668>