

Pumpkin Spice Muffins

These muffins are low fat, easy to make and full of that fall flavor.

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
8



Ingredients

2 cups (240g) whole wheat flour*
1/2 cup brown sugar
1/4 cup maple syrup
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 tablespoon pumpkin spice seasoning
1 15oz can pumpkin
1 tsp vanilla extract

Instructions

- 1** Preheat oven to 375F. In a large bowl add in your flour (can sub oat flour) brown sugar, baking powder & soda, salt and pumpkin spice mix (if you don't have this its a mix of cinnamon, nutmeg and ginger). Mix well then add in your maple syrup, vanilla and pumpkin and combine.
- 2** In a nonstick muffin pan (or use baking cups) divide the batter into 8 muffins. Bake on 375 for 20 minutes. Once done, prick the middle of one muffin with a toothpick and if it comes out clear they are fully cooked in the middle. You can also add walnuts or chocolate chips to the batter before baking if you wish. Enjoy!