PUMPKIN MUFFINS

INGREDIENTS

- 1/3 cup oil, melted
- 1/2 cup maple syrup or honey
- 2 eggs
- 1 cup pumpkin purée
- 1/4 cup milk
- 2 tsp pumpkin spice
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1 3/4 cups whole wheat flour
- 1/3 cup oats, plus more for topping

DIRECTIONS

1. Preheat oven to 325°F.
2. In a large bowl, mix oil and maple syrup. Beat in eggs then stir in the rest of the ingredients.
3. Fill greased 12-cup muffin pan. Sprinkle tops of muffins with additional oats.
4. Bake 22-25 minutes. Place pan on a cooling rack before serving.



Serves: 12
Serving Size: 1 muffin
Calories: 182
Protein: 3g
Fiber: 4g

Recipe courtesy of cookieandkate.com