

PUMPKIN MUFFINS

Forget store bought muffins. Try these fiber-rich morsels for a quick on the go breakfast. You can prepare a batch early in the week and if needed they freeze beautifully. They are easy, moist and delicious.

Makes 12-16 muffins depending on size of tins



INGREDIENTS

- 2 cups of spelt flour
- 1 cup of coconut palm sugar
- 1 ½ tsp baking soda
- 1 tsp of salt
- 1 tbsp pumpkin pie spice
- 1 can of organic pumpkin (15 oz)
- ¼ cup almond milk
- 1/3 cup maple syrup
- 1/3 cup coconut oil
- 1 tbsp vanilla

METHOD

Heat oven to 350. Grease muffin tins with a little coconut oil or use paper liners. Combine all dry ingredients in a bowl – flour, sugar, baking soda, salt, and pumpkin pie spices. Combine all wet ingredients in a separate bowl – pumpkin, almond milk, maple syrup, coconut oil, and vanilla. Add dry mixture to wet mixture and mix well. Pour into muffin tins. Bake 30 minutes.