

Pumpkin Muffins

Makes 12

Ingredients

- 135 g rolled oats
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- ¼ tsp baking soda
- ¼ tsp salt
- 2 eggs
- 245 g unseasoned pumpkin puree
- 150 g packed brown sugar
- 3 T canola oil
- 1 tsp vanilla extract
- 35 g chopped walnuts
- 40 g raisins



Pumpkin Pie Spice

Mix and store in a small jar.

Use 1 tsp for the muffin recipe:

- 1½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground allspice or cloves

Directions

1. Preheat oven to **180°C**.
2. With cooking spray, coat 2 6-cup muffin tins.
3. Pulse **oats** in a blender until finely ground.
4. Add **baking powder, pumpkin pie spice, baking soda** and **salt**; pulse once or twice to blend.
5. Add **eggs, pumpkin, brown sugar, oil** and **vanilla**; puree until smooth.
6. Stir in **walnuts**.
7. Fill the prepared muffin cups two-thirds full.
8. Bake the muffins until a toothpick inserted in the center comes out clean, **18 to 20 minutes**. Cool in the pan on a wire rack for 10 minutes, then turn out to cool completely.

Nutritional Breakdown (Per Muffin)

Category	Amount
Calories	170 kcal
Protein	3.4 g
Fat	6.7 g
Sat fat	0.8g
Carbs	26.5 g
Sugar	12.5g
Fiber	2.2 g
Sodium	115 mg

Suggestions:

- **Increase protein** a bit by using Greek yogurt or adding a tablespoon of chia seeds.
- Substituting **part of the brown sugar** with mashed banana or date paste can slightly lower added sugar.
- Adding 1–2 T of ground flaxseed would give it a nice nutty flavor **and** a fiber/Omega-3 boost.