

## INGREDIENTS

- 1 ½ cups white whole wheat flour
- 1 ½ teaspoons cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon nutmeg
- ⅛ teaspoon cloves
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 2 eggs
- ½ cup canola oil
- ½ cup honey
- 1 teaspoon vanilla
- 1 heaping cup pumpkin puree

## INSTRUCTIONS

1. Preheat oven to 350 ° F.
2. In a large bowl, combine the dry ingredients - the flour through the salt.
3. Make a well in the center and add the eggs, oil, honey, vanilla and pumpkin. Stir wet mix together in the well and then stir together with the dry ingredients until combined. Don't overmix.
4. Line a muffin tin with muffin liners and distribute the batter evenly. They will be about ⅔ full.
5. Bake for 18-22 minutes, until a toothpick comes out clean.
6. Let cool and store at room temperature for 3-4 days or wrap in aluminum foil and store in the freezer for up to 3 months.



## Pumpkin Muffins



12 servings



Prep time 10 minutes

Cook time 20 minutes

Meet the muffins with a mission: our 1-bowl Pumpkin Muffins! Bursting with the goodness of whole wheat and the magic of pumpkin, these moist and merry morsels are packed with fiber, vitamins, and a sprinkle of fall fun. Looking for a guilt-free treat that's delicious and nutritious? These naturally sweetened delights are ready to dance on your taste buds, whether it's breakfast time or snack o'clock. They're not just food; they're a delightful bite into a healthy lifestyle!

