



Pumpkin Pie Muffins

So I totally stole the idea of doing a pumpkin muffin from my 3 y/o. She had made some at preschool and wanted to make more at home. It got me thinking.....and playing, and well, here you are.

These do have just under 1 gram of fat per muffin. If you're not cool with that, totally try subbing liquid egg whites for the whole eggs. Let me know how it goes!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2/3 Cups whole grain pastry flour		48					
3/4 Cups spelt flour		54					
4 tsp pumpkin pie spice							
1 tsp baking soda							
3/4 tsp salt							
1/4 Cup date sugar		30					
1/4 Cup beet sugar		48					
1/2 Cup unsweetened applesauce		11					
16 oz can pumpkin		24					
1/4 Cup nonfat milk	2	3					
1 tsp vanilla							
2 eggs	12		10				
Total recipe, 12 muffins	14	218	10				
Per muffin	1	18	1				

INSTRUCTIONS

- 350 oven. Spray a muffin tin with coconut oil spray.
- In a large mixing bowl, combine flours through salt.
- In a second bowl, combine date sugar through eggs.
- Add flour mixture to wet mixture - 1/4 Cup at a time, just until barely combined.
- Bake about 20 minutes, or until toothpick inserted in the center comes out clean.