

Breakfast | Snack

Healthy Pumpkin Muffins

15 Mins
Prep Time

23-25 Mins
Cook Time

12
Servings

189 Calories **8g Fat** **27g Carbs** **4g Protein**



Ingredients

12 Servings • **1 Muffin Serving Size** **40 Mins Total Time** **Allergens: Eggs, Milk, Gluten**

1/3 Cup Melted Coconut Oil (canola oil would work too)	1/3 Cup Old Fashioned Oats (& more for sprinkling on top)
1/2 Cup Honey	1/2 Tsp Ground Ginger
2 Eggs	1/4 Tsp Nutmeg
1 Cup Pumpkin Puree	1/4 Tsp Allspice
1/4 Cup Milk	1 Tsp Baking Soda
1 Tsp Vanilla Extract	1/2 Tsp Salt
1 3/4 Cup White Whole Wheat Flour or Whole Wheat Flour	1/2 Tsp Cinnamon (plus more for sprinkling on top)

Allergen Swap

Egg Use a commercial egg replacer

Milk Dairy-free milk alternative (almond milk, soy milk, coconut milk)

Gluten Use a gluten-free cup-for-cup flour replacer

Nourishment Note!



Pumpkin

Pumpkin is rich in vitamin A and antioxidants. These antioxidants may be beneficial for protecting cells from damage and lowering the inflammation associated with psoriatic disease.



Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrient that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control. This is important because people with psoriatic disease are more likely to develop conditions like type 2 diabetes.

Instructions

- 1 Preheat Oven**

Preheat oven to 325 °F. Grease 12 muffin cups with cooking spray or use muffin tin liners.
- 2 Whisk Wet Ingredients**

In a large bowl, whisk together the oil and honey. Add the eggs, pumpkin, milk, and vanilla. Whisk well.
- 3 Mix Dry Ingredients**

In another bowl, mix together the baking soda, salt, cinnamon, ginger, nutmeg, and allspice. Add the flour and oats and mix well.
- 4 Combine Wet & Dry Ingredients**








Slowly add the dry ingredients to the bowl of wet ingredients, mixing until they are just combined.
- 5 Divide Batter & Bake**

Divide the batter evenly between the muffin cups. Sprinkle the tops with oats and cinnamon. Bake for 23-25 minutes, or until a toothpick inserted in the center comes out clean.
- 6 Cool & Serve**

Allow muffins to cool slightly before eating.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need

-  Measuring Cups
-  Measuring Spoons
-  Muffin Tins
-  Cooking Spray (or Muffin Tin Liners)
-  Spoon
-  Whisk
-  Mixing Bowls (2)

PD Cooking Tips

Pumpkin Puree: Use an electric can opener, instead of manual, to minimize hand strain.