



HEARTY PUMPKIN MUFFINS

Wet Ingredients

- ⅓ cup melted coconut oil or extra-virgin olive oil
- ½ cup maple syrup or honey
- 2 eggs or 2 flax eggs (2 tbsp ground flaxseed mixed with 6 tbsp water- let this sit for 10 minutes)
- 1 ½ cup pumpkin purée (freeze leftovers in ice cube tray for easy smoothie add ins)
- ¼ cup milk of choice
- 1 tsp vanilla extract

Dry Ingredients

- 2 cups flour of choice (I usually use ground oats or whole wheat flour)
- 1 cup old-fashioned quick oats
- 1 tsp baking soda
- ½ tsp salt
- 2 tsp pumpkin spice blend (or 1 tsp ground cinnamon & 1 tsp ground nutmeg (or a drop of dōTERRA's cinnamon or clove oil))
- Optional add ins: chocolate chips, nuts, peanut or almond butter, flaxseeds, dried fruit etc.
- Optional toppings: oats, granola, pumpkin seeds, nuts, spice, brown sugar etc.



PREP TIME: 10 MINUTES
COOK TIME: 25 MINUTES
TOTAL TIME: 35 MINUTES



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Directions

1. Preheat oven to 325 °F
2. Grease muffin tin or use muffin cups
3. In a large bowl, mix the wet ingredients
4. In a separate bowl, mix the dry ingredients
5. Add the dry ingredients into the wet ingredients slowly & stir together
6. If you'd like to add any additional mix-ins, add them in now
7. Divide the batter evenly between the muffin cups (I like to use a 1/3 cup to scoop them in)
8. Optional: Sprinkle the tops of the muffins with about a teaspoon of oats, pumpkin seeds & spice blend if you'd like
9. Bake muffins for ~25 minutes, or until a toothpick inserted into a muffin comes out clean
10. Let muffins cool before enjoyed
11. These muffins freeze well for up to 2 months



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