

Pumpkin Pecan Muffins

There is something about the fall that makes me crave pumpkin and the warming spices. Pumpkin and other winter squash have many health benefits including antioxidant and anti-inflammatory benefits (for cancer prevention and treatment), blood sugar regulation and the prevention of cardiovascular disease

Ingredients

1 1/2 cup gluten-free oat flour* (can use spelt flour for a non-gluten free option)
2 tsp baking soda
2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp sea salt
2 eggs (or chia egg)
1/4 cup coconut oil
1/2 cup maple syrup
1 tsp vanilla
2 cups pumpkin
1/2 cup pecans or dark chocolate chips or both



Directions

Preheat oven to 350.
Mix dry ingredients together in a bowl.
In another bowl, mix all wet ingredients.
Fold the wet ingredients and nuts into the dry ingredients, stirring until all ingredients are moistened (don't over mix).

Spoon into a muffin pas. Bake for 25 to 30 minutes or until a toothpick inserted in the middle of a muffin comes out clean.

*Recipe on my Facebook Page www.facebook.com/eatwellwithlinda



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