



Simple | Healthy | Delicious

In the Fall, when pumpkin is in season, we suggest making a dozen on a Sunday and freezing them for a quick, on-the-go, and healthy breakfast all week. Just pull out the night before to thaw. Use organic ingredients when possible.

Pumpkin Raisin Flax Muffins



INGREDIENTS

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| 1 ½ cups whole wheat flour |
| ½ cup ground flaxseed |
| 1 ½ tsp. aluminum-free baking powder |
| 1 ½ tsp. cinnamon |
| 1 tsp. ground ginger |
| ¼ tsp. allspice |
| ½ cup maple syrup |
| 1 ¾ cups pumpkin pureé |
| 1 large egg |
| ¼ cup whole milk |
| ¼ cup water |
| 1 tbsp. vanilla |
| 1/3 cup virgin coconut oil |
| ½ cup raisins |
| ½ cup walnuts |

DIRECTIONS:

1. Preheat oven to 400 degrees. Combine flour, flax, baking powder, spices, and maple syrup in a medium-sized bowl.
2. In another medium-sized bowl, combine pumpkin, egg, milk, water, vanilla, and coconut oil, and beat with a whisk until smooth.
3. Slowly pour pumpkin mixture into the dry ingredients. Stir from the bottom of the bowl until the dry ingredients are all moistened. Add raisins and walnuts.
4. Spoon batter into muffin cups greased with virgin coconut oil or butter. Bake for 20-25 minutes, or until lightly browned on top.