



Simple | Healthy | Delicious

These little muffins are packed with B vitamins, omega-3s, fiber, and the goodness of coconut oil! In the Fall, when pumpkin is in season, I make a dozen on a Sunday and freeze 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

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 puree

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.