

# PUMPKIN SPICE MUFFINS

## INGREDIENTS

- 1 ½ cups canned, unsweetened pumpkin
- ¾ cup pitted, whole dates
- ¾ cup unsweetened almond milk
- 1 tsp vanilla
- 1 tbsp ground flax seeds
- 1 ½ cups whole wheat pastry flour
- ½ cups oat flour/ground oats
- 2 tsp baking powder
- ½ tsp baking soda
- 2 tsp pumpkin spice mix
- ½ tsp salt
- 2 tbsp chopped pecans



## DIRECTIONS

1. Preheat oven to 350°F and line 12, 2 ½-inch muffin cups with liners.
2. Microwave pumpkin, dates, milk, and vanilla around 2 ½ minutes or use a saucepan on the stove until warm and dates are softened.
3. In a small bowl mix flaxseeds and 3 tbsp warm water, and let stand 5 minutes.
4. Process pumpkin mixture in a food processor until well blended and smooth. Add flaxseed mixture and combine.
5. Mix together dry ingredients: pastry & oat flours, baking powder and soda, pumpkin spice mix, and salt.
6. Add dry mixture to wet ingredients in food processor and process 10-15 seconds until just incorporated, but still slightly lumpy.
7. Pour batter into cups ¾ of way, top with pecans and bake 30-35 minutes or until toothpick releases cleanly.
8. Release from baking pan and cool on rack.