

Heat oven to 350° and lightly oil muffin tins.

Ingredients

Dry

- ¾ Cup flour
- ¾ Cup whole wheat flour
- 1 Tablespoon baking powder
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

Wet

- 1 ½ Cups pumpkin puree
- ¾ Cup maple syrup
- 2 Tablespoons olive oil
- 2 eggs

Directions

1. In a small mixing bowl, whisk all WET ingredients together.
2. In a large mixing bowl, stir the DRY ingredients together.
3. Carefully pour the WET ingredients over the DRY ingredients and stir until a batter is formed.
4. Spoon batter into lightly oiled muffin cups.
5. Bake in the oven for about 15 to 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

*Makes 18 muffins