

Breakfast | Snack

Healthy Pumpkin Muffins

15 Mins
Prep Time

23-25 Mins
Cook Time

12
Servings

189 Calories **8g Fat** **27g Carbs** **4g Protein**



Ingredients

12 Servings • **1 Muffin Serving Size** **40 Mins Total Time** **Allergens: Eggs, Milk, Gluten**

1/3 Cup Melted Coconut Oil (canola oil would work too)	1/3 Cup Old Fashioned Oats (& more for sprinkling on top)
1/2 Cup Honey	1/2 Tsp Ground Ginger
2 Eggs	1/4 Tsp Nutmeg
1 Cup Pumpkin Puree	1/4 Tsp Allspice
1/4 Cup Milk	1 Tsp Baking Soda
1 Tsp Vanilla Extract	1/2 Tsp Salt
1 3/4 Cup White Whole Wheat Flour or Whole Wheat Flour	1/2 Tsp Cinnamon (plus more for sprinkling on top)

Allergen Swap

Egg Use a commercial egg replacer

Milk Dairy-free milk alternative (almond milk, soy milk, coconut milk)

Gluten Use a gluten-free cup-for-cup flour replacer

Nourishment Note!



Pumpkin

Pumpkin is rich in vitamin A and antioxidants. These antioxidants may be beneficial for protecting cells from damage and lowering the inflammation associated with psoriatic disease.



Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrient that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control. This is important because people with psoriatic disease are more likely to develop conditions like type 2 diabetes.

Instructions

1. Wash Hands

Wash hands with soap and water.

1. Preheat Oven

Preheat oven to 325°F. Grease 12 muffin cups with cooking spray or use muffin tin liners.

2. Whisk Wet Ingredients

In a large bowl, whisk together the oil and honey. Add the eggs, pumpkin, milk, and vanilla. Whisk well.

3. Mix Dry Ingredients

In another bowl, mix together the baking soda, salt, cinnamon, ginger, nutmeg, and allspice. Add the flour and oats and mix well.

4. Combine Wet & Dry Ingredients

Slowly add the dry ingredients to the bowl of wet ingredients, mixing until they are just combined.

5. Divide Batter & Bake

Divide the batter evenly between the muffin cups. Sprinkle the tops with oats and cinnamon. Bake for 23-25 minutes, or until a toothpick inserted in the center comes out clean.

6. Cool & Serve

Allow muffins to cool slightly before eating.

1. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Measuring Cups



Measuring Spoons



Muffin Tins



Cooking Spray (or Muffin Tin Liners)



Spoon



Whisk



Mixing Bowls (2)

PD Cooking Tips

Pumpkin Puree: Use an electric can opener, instead of manual, to minimize hand strain.