



# Pumpkin Muffins

From [Makinthymeforhealth.com](http://Makinthymeforhealth.com)

## Ingredients:

- 1 cup pumpkin puree
- 1/2 cup pure maple syrup
- 2 eggs
- 1 tbsp vanilla extract
- 4 tbsp almond butter
- 1/4 cup almond milk
- 2 1/4 cup rolled oats
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 cup dark chocolate chips

## Directions:

- Preheat the oven to 350 and grease 12 muffin tins.
- Start with the wet ingredients, and layer everything into the blender BUT the chocolate chips. Blend for about 30 seconds or until smooth.
- Using a spoon gently stir in the chocolate chips and then pour the mix into the muffin tins until they're 3/4 full.
- Bake for 22 minutes
- Let cool for 10-15 minutes before stuffing into your face

## Notes:

- These stay best in an airtight container in the fridge for a couple days
- You could sub out the almond butter and use coconut butter instead