

## PUMPKIN CHIA-SEED MUFFINS

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Makes 24 muffins  
Degree of Difficulty: Very Easy



### WHY WE LIKE IT

\*very tasty wholesome muffins \* pumpkin is an excellent source of the antioxidant beta-carotene \* chia is an excellent source of Omega 3 \* easy to make\* a great quick breakfast or snack or addition to a healthy lunch\*

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### INGREDIENTS

|         |                                 |         |                                |
|---------|---------------------------------|---------|--------------------------------|
| 2 tbsp  | chia seeds ground               | 3       | eggs                           |
| 1 ½ cup | spelt flour or brown rice flour | 1/3 cup | coconut or grape seed oil      |
| ¾ cup   | buckwheat flour                 | 1 ½ cup | pure maple syrup               |
| 1 tbsp  | cinnamon                        | 2 tbsp  | pure vanilla                   |
| ¾ tsp   | nutmeg                          | 1 cup   | chopped walnuts (optional)     |
| 1 tbsp  | baking soda                     | 1 cup   | raisins or currants (optional) |
| ¾ tsp   | Himalayan or Celtic sea salt    |         |                                |
| 28 oz   | canned pumpkin (2 cans)         |         |                                |




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### PROCEDURE

1. Preheat oven to 350.
2. Mix dry ingredients in large bowl.
3. In separate bowl mix all wet ingredients.
4. Fold the nuts and raisins into the wet ingredients.
5. Fold wet ingredients into the dry ingredients. Make sure all ingredients are blended together.
6. Spoon batter into paper-lined or greased muffins tins.
7. Bake for 30 - 40 minutes or until a toothpick inserted into the middle of a muffin comes out clean.
8. Store in fridge or freeze for future use.

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### TIPS

-  This recipe is truly better if you use pure, dark maple syrup. Pure maple syrup gives this muffin the rich taste that allows you to be satiated with just one muffin.
-  Use buckwheat and brown rice flour for a gluten free version.
-  Make sure pumpkin is the only ingredient on the canned pumpkin.