

Pumpkin Chocolate Muffins

Makes 24 Muffins

The ingredients for success....

4 large eggs
1 cup maple syrup or honey
2 teaspoons vanilla extract
1 ½ cup unsweetened applesauce
1 (12 oz.) can pumpkin
3 cups oat flour
1 teaspoon salt
2 teaspoons of baking powder
1 ½ teaspoon of baking soda
1 teaspoon cinnamon
2/3 cup of mini chocolate chips (optional)

Let's Make it!

1. Preheat the oven to 350 F. Grease 2 muffin tins.
2. In a blender blend the eggs, maple syrup, applesauce, vanilla, and pumpkin.
3. In a bowl mix together the oat flour, salt, baking powder, baking soda, and cinnamon.
4. Pour the wet ingredients (in the blender) into the dry ingredients. Mix together until well blended. Do not over-mix!
5. Fold in the chocolate chips.
6. Transfer the batter into the muffin tins filling 2/3 of the way up.
7. Bake for 25 minutes or until a toothpick comes out clean!

Enjoy your healthy treat!

