

Pumpkin Spice Oatmeal Muffins - makes 12 muffins

<https://www.eminencenutrition.com/pumpkin-spice-oatmeal-muffins>



Ingredients:

- 1¾ cup All purpose flour
- ½ cup Oats
- ¼ cup Ground flaxseed
- ½ cup Brown sugar
- 1 tsp. Baking soda
- ½ tsp. Salt
- 2 tsp. Pumpkin pie spice blend
- 2 Eggs, at room temperature
- 2 cups Pure pumpkin puree
- ½ cup Coconut oil, melted
- 1 tsp. Vanilla extract

Directions:

1. Preheat the oven to 375F.
2. Measure out the flour, oats, flaxseed, sugar, baking soda, salt and spices in a medium bowl and whisk together. Set aside.
3. In a separate bowl, whisk together the eggs, pumpkin puree, coconut oil and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir until just mixed. Do not over mix or this will cause dense muffins.
5. Evenly distribute the batter into your muffin tray until they are nearly full.
6. Bake your muffins for 22-25 minutes or until a toothpick inserted into the middle of a muffin comes out clean.
7. Enjoy 😊