

Healthy Pumpkin Muffins

2 cups of all-purpose flour
½ cup flax seed-whole or ground
2 cups sugar (can sub coconut sugar for lower glycemic impact)
1 1/2 tsp. nutmeg
1 1/2 tsp cinnamon
2 tsp baking soda
1 tsp salt
1 cup oil
1 can pumpkin
4 eggs
2 tsp vanilla

How to:

Preheat oven to 350 degrees

Add all the **dry** ingredients to one bowl and stir till well incorporated using a fork or a hand whisk.

Add all the **wet** ingredients to bowl and mix until well combined.

Add the wet ingredients to the dry ingredients.

Stir only till combined. Do not over-mix or it will make the muffins tough.

Let the batter sit for 15 minutes.

Bake muffins for 20-25 minutes

- Makes about 24 muffin or 48 mini muffins

