

PUMPKIN HARVEST BREAKFAST MUFFINS

Delicious, filling breakfast muffins. Perfect with a smear of peanut butter, or toasted with a little salted butter on top.

 30 minutes

 50 minutes

 16 portions

INGREDIENTS

- 2 cups whole-wheat flour
- 1 cup oatmeal (old fashioned or instant)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 tablespoon Stephanie's spice blend
- 1 cup 2% milk
- 1/2 stick of melted butter (salted or unsalted)
- 2 large eggs
- 1 cup canned pumpkin (not pumpkin pie mix)
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1/4 cup sunflower seed kernels (without shells)
- 1/2 cup ground flaxmeal

COOKING METHOD

- 1° In a large bowl, combine the flour, oats, baking powder, baking soda, salt, and spice blend. Stir to combine.
- 2° In a separate bowl, combine the milk, melted butter, eggs, pumpkin, and sugars, and stir with a whisk until combined.
- 3° Slowly add the wet ingredients to the dry ingredients. Add the sunflower seeds and flax, gently stirring to combine (batter may be slightly lumpy).
- 4° Line standard size muffin tins with liners or spray with non-stick spray. Divide batter into 16 equal parts, filling the muffin tins about 2/3 full.
- 5° Bake at 325 for 15-20 minutes, or until a toothpick inserted in the middle comes out clean.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (87 g)	% DRI
ENERGY	261 kcal	228 kcal	11 %
FAT	9 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	14 %
CHOLESTEROL	37 mg	32 mg	11 %
SODIUM	365 mg	318 mg	13 %
CARBOHYDRATE	40 g	35 g	12 %
SUGARS	16 g	14 g	—
FIBER	6 g	5 g	20 %
PROTEIN	7 g	7 g	—