



Spiced Pumpkin Pie Muffins

Lightly spiced pumpkin oat muffins are filled with chopped dried fruit and bits of walnuts

1 cup Einkorn flour
1/4 cup quick cooking oats
1 teaspoon baking soda
2 teaspoons baking powder
2 teaspoons pumpkin pie spice
1/4 teaspoon salt
1 large ripe banana, peeled, mashed (1/2 cup)
3/4 cup pumpkin puree
3 Tablespoons maple syrup
1 teaspoon vanilla extract
2 eggs
1/2 cup chopped mixed dried fruits
4 to 5 Tablespoons chopped walnuts
Topping: 2 to 3 Tablespoons chopped walnuts

- Preheat oven to 375 degrees F. With a nonstick cooking spray, spray an 8-muffin tin or line with lightly sprayed nonstick liners.

- In a large bowl, combine flour, oats, baking soda, baking powder, pumpkin pie spice, and salt; set aside.
- In a food processor, combine pulse and puree banana and pumpkin puree; add maple syrup, vanilla extract, and eggs, process until very smooth and light.
- Pour over dry ingredients. Stir to combine into a batter.
- Stir in chopped dried fruits and chopped walnuts.
- Set aside to rest for 10 minutes.
- With a 3-to-4-inch scooper, fill muffin cups about $\frac{3}{4}$ full. Sprinkle the center top of each muffin with a few chopped walnuts.
- Bake in 350-degree F oven for 20 minutes or until inserted toothpick comes out dry. Yield: 8 medium sized muffins

Cook's Note: The muffins bake the best in lined cups that have been greased for easier removal. If you bake them in plain muffin cups, they will have a dark crust and be soft inside. These are not sweet muffins but are great for breakfast with butter or jam.

About the Recipe: Lightly spiced pumpkin muffins are always a popular choice. These muffins are made with Einkorn flour, so they are easier to digest, have a nutty golden hue, and a higher protein content. The bonus is a higher concentration of minerals and antioxidants. These lightly spiced muffins are pillow soft inside and filled with mixed dried fruits for added sweetness. Great to serve for breakfast.