



Pumpkin Flax Muffins - 18 muffins

Recipes from: www.naturalhealthyconcepts.com

2 ¼ cup whole wheat pastry flour
½ cup flax meal
¾ cup turbinado sugar
1 T aluminum free baking powder
1 tsp baking soda
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp ground nutmeg
½ tsp sea salt
1 cup pureed pumpkin
¾ cup sour cream
1/3 cup milk
¼ cup olive oil
1 tsp vanilla extract
2 lg eggs beaten

Preheat oven to 375°.

- 1) Spoon flour in measuring cup, level with a knife.
- 2) Combine flour and next 8 ingredients in a medium bowl. Make a well in center of mixture.
- 3) Combine pumpkin and next 5 ingredients, add to flour mixture, stirring just until moist. Spoon batter into 18 muffin cups, sprayed lightly with cooking spray.
- 4) Bake at 375° for 20-25 minutes or until muffins spring back when touched lightly in the center. Remove muffins from pans immediately, cool on a wire rack.

Per Muffin: Calories 174, Protein 4g, Carbs 23g, Fat 7g, Sat 2g
Fiber 3.6g, Sodium 259mg, Cholesterol 30mg, Omega 3 .79g
Nutrients: Vit A 3260 IU, B3 1.13mg, B5 .38mg, B6 .11mg,
Folate 24mcg, Vit D 4.7 IU, Vit E .69 IU, Calcium 34mg,
Magnesium 42mq, Potassium 178mq, Selenium 12.7mcg