

Pumpkin-apple muffins

These muffins blend two of autumn's favourite fruits.

Yield: 12 large muffins (up to 30 mini muffins)

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| 180 g | all-purpose wheat flour | 1 1/2 cups |
| 180 ml | Valley Kitchen flax flour | 3/4 cup |
| 250 ml | white sugar | 1 cup |
| 15 ml | baking powder | 1 Tbsp |
| 5 ml | baking soda | 1 tsp |
| 2.5 ml | salt | 1/2 tsp |
| 15 ml | cinnamon | 1 Tbsp |
| 1.2 ml | nutmeg | 1/4 tsp |
| 125 ml | oil | 1/2 cup |
| 2 | large eggs | 2 |
| 250 ml | pumpkin puree, pure | 1 cup |
| 250 ml | apples, peeled and chopped | 1 cup |
| | Icing sugar optional | |



Per muffin:

calories 270
fat 13 g
saturated fat 1 g
omega-3 fat 2 g
sodium 310 mg
carbohydrate 37 g
fiber 3 g
sugar 20 g
protein 4 g

Instructions

1. Preheat the oven to 350°F.
2. Lightly oil 12 non-stick muffin tins or 30 mini muffin tins.
3. In a large mixing bowl, combine the all-purpose wheat flour, flax flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Mix to blend.
4. Add the oil, eggs, pumpkin, and chopped apple.
5. Mix for 1 to 2 minutes until the batter ingredients are well blended. You can mix by hand or use a counter-top mixer, which I prefer, as this method cuts the apples into smaller pieces and blends the bits throughout the batter more evenly.
6. Using a scoop, fill each muffin cup level full.
7. Bake in the pre-heated oven for 25 to 27 minutes; minis bake for 15 minutes.

Cool and top with a sprinkling of icing sugar, a subtle reminder that winter is coming sooner than later.



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