

Fab Fall Muffins

Yields: 12 muffins

Ingredients:

Avocado Oil Spray or Paper Muffin Cup Liners; sprayed with oil
3/4 cup Buckwheat Flour
2/3 cup Whole Wheat Flour
2/3 cup White Whole Wheat Flour
1/4 cup Coconut Sugar
1 1/2 tsp. Baking Powder
1 tsp. Cinnamon
1/2 tsp. Baking Soda
1/2 tsp. Salt
2 Eggs, lightly beaten or 2 Tbsp. Flaxmeal + 6 Tbs. water, *let sit 5 - 10 min. to thicken*
1 cup Cooked Butternut Squash, mashed (Pumpkin Puree would work too)
1/2 cup Unsweetened Non-Dairy Milk
1/2 tsp. Orange Zest (finely grated peel)
1/4 cup Fresh Orange Juice
2 Tbsp. Avocado Oil
1/2 cup Dried Cranberries
1/3 cup Pecan Pieces, toasted
2 Tbsp. Rolled Oats (topping)

Directions:

Pre heat oven to 400° F. Coat 12-cup muffin tin with cooking spray, or line with paper cups then spray inside each liner.

Step 1:

In a large bowl, combine 8 dry ingredients (flours thru salt). Whisk and make a well in the center; set aside.

Step 2:

In a medium bowl, combine 6 wet ingredients (eggs thru oil). Stir into the center of the well and mix until just combined. Batter will be lumpy. Fold in cranberries and toasted pecan pieces.

Step 3:

Spoon batter into muffin cups; almost filling each. Sprinkle some oats over. Bake 17 - 20 min., or until toothpick inserted into the center of a muffin comes out clean. Place muffin tin onto a wire rack, letting them cool 5 min. in the tin, then remove and allow to completely cool until storing in an airtight container for up to 5 days.

Carb & Fat Portions

Only:

2 Unit

Portion:

1 muffin

3 Unit

Portion:

1 muffin

4 Unit Portion:

1 1/2 muffin

5 Unit Portion:

2 muffins

