

1 BOWL PUMPKIN *Muffins*

\$1.20

per serving

30 MINUTES
OR LESS

13 INGREDIENTS

Buy Local!

1.5 flax eggs (1 1/2 Tbsp) flax meal + 4 Tbsp water)

2 Tbsp mashed ripe banana

3/4 cup pumpkin puree

2/3 cup muscovado sugar*, packed (or sub organic brown sugar or coconut sugar)

1/4 cup maple syrup • 1/4 cup olive oil

1 tsp vanilla extract • 2 tsp baking soda

1/4 tsp sea salt • 1/2 tsp ground cinnamon

1 1/4 tsp pumpkin pie spice* • 1/2 cup water

1/2 cup almond meal (ground from raw almonds)

3/4 cup gluten free rolled oats

1 cup (160 g) gluten free flour blend



*highlighted ingredients can be bought at the market!



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HOW TO: 1 BOWL PUMPKIN MUFFINS

1. Preheat oven to 350 degrees F and lightly grease a standard size muffin tin (will make 9-10 muffins). Dust with gluten free flour and shake out excess.
2. Prepare flax egg in a large mixing bowl. Let set for 5 minutes.
3. Add banana and mash, leaving just a bit of texture.
4. Add pumpkin purée, muscovado sugar, maple syrup, olive oil, and vanilla extract and whisk for one minute.
5. Stir in baking soda, salt, cinnamon, and pumpkin pie spice, and mix. Add water and whisk once more. Add almond meal, gluten free oats, and gluten free flour blend, and stir until just combined. The batter should be thick and scoopable.
6. Divide batter evenly among 9-10 muffin tins, filling all the way full.
7. Optional: Make Crumble (3 Tbsp sugar, 3 1/2 Tbsp (35 g) gluten free flour blend, 2 Tbsp (13 g) roughly chopped pecans, pepitas or walnuts, 1 1/4 Tbsp (18 g) coconut oil, Pinch each cinnamon + pumpkin pie spice.) Mash ingredients together with a fork or your hands until crumbly like wet sand. Top muffins with streusel.
8. Bake for 27-32 minutes or until tops are golden brown and a toothpick or knife comes out completely clean. It's better to slightly over-bake these than under-bake because the gluten free flour blend takes longer to cook all the way through.
9. Let cool for 5 minutes in the muffin tin, then gently remove and cool completely on a cooling rack. Enjoy warm or at room temperature.
10. Once completely cooled, store in a covered container at room temp for 3-4 days, though best when fresh. Freeze for longer term storage.

why is it healthy?

PUMPKIN

Pumpkin Puree is a low calorie, high fiber food. Pumpkin Puree is a great source of Vitamin A and Iron!

ALMONDS

Almonds are one of the most nutritious nuts. They are an incredible source of minerals such as manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

CINNAMON

Cinnamon can be used to help treat muscle spasms, vomiting, diarrhea, infections, the common cold, loss of appetite, and regulate blood sugar.

This recipe is from **Minimalist Baker**

Go to minimalistbaker.com to see more recipes!

<http://minimalistbaker.com/1-bowl-pumpkin-muffins-vegan-gf/>

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