

Pumpkin & Spice Avocado Muffins



INGREDIENTS

- 2 cups white whole wheat flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 tsp. pumpkin pie spice
- 1 ripe, fresh avocado, halved, pitted, peeled and mashed
- 1 cup 100% pumpkin puree (canned)
- 1/2 cup applesauce
- 2 large eggs
- 3/4 cup brown sugar
- 1 tsp. vanilla extract
- 1/2 cup finely chopped almonds (optional)

INSTRUCTIONS

1. Preheat oven to 325°F. Line muffin tin with 12 paper liners.
2. Combine flour, baking soda, baking powder and salt in a medium bowl; set aside.
3. Beat avocado, pumpkin, applesauce, eggs, brown sugar and vanilla extract in a large bowl at medium speed until combined.
4. Slowly add flour mixture into avocado mixture, scraping down sides as needed. Do not over mix. Stir in chopped almonds, if desired.
5. Divide batter into muffin tin, and bake for 20 to 25 minutes, until a toothpick comes out clean from the center. Transfer to wire racks to cool. Store in an airtight container.

Serving Size: 1 muffin Makes 12 servings

NUTRIENT ANALYSIS PER SERVING

160 calories, 3g total fat (0.5g saturated fat), 30mg cholesterol, 260mg sodium, 32g carbohydrate, 4g dietary fiber, 15g total sugars (13g added sugars), and 4g protein.

Source: Love One Today, loveonetoday.com

