



Healthy Pumpkin & Apple Muffins!

BY NUROOTZ



Ingredients:

- 1 Banana
- 2 cups Puree Pumpkin
- 2 cups Finely Chopped Apple
- 5 tbsp. Maple Syrup
- 2 cups Oat Flour (Blend instant or rolled oats)
- 2 tsp. Baking Powder
- 1 tsp. Cinnamon
- ½ tsp. Ginger

Directions:

1. Mix dry ingredients together.
2. Mix wet ingredients together.
3. Combine dry and wet mixture together.
4. Divide mixture into 10-12 Muffins.
5. Bake at 180 Degree Celsius for 20-30min.