

Pumpkin Chia Muffins



Ingredients

1 Tbsp chia seeds	1/2 can pumpkin (15 oz)
3 Tbsp water, mixed with chia seeds, let set for 15 min	1/8 cup canola oil
3/4 cup whole wheat pastry flour	1 Tbsp honey
1 tsp cinnamon	1/2 tsp vanilla
1/4 tsp nutmeg	1/4 cup chopped walnuts
1 tsp baking soda	1 apple, grated

Instructions

Preheat oven to 350°F. Line 12 cup muffin pan with paper liners. In a small bowl, combine chia seeds with water and let stand 15 minutes. In a separate bowl, combine flour, cinnamon, nutmeg and baking soda. In another bowl, combine pumpkin, canola oil, honey, vanilla, walnuts and chia seed mixture. Pour dry ingredients into the wet mixture and fold ingredients until incorporated. Add the grated apple, and spoon the mixture into the muffin cups. Bake in a preheated oven for 30-40 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Information Per Serving

Serving Size: 1 muffin

6 servings

Calories: 170

Fat: 9 gm

Sodium: 210 mg

Fiber: 5 gm

Carbohydrates: 22 gm

Protein: 3 gm

Sugar: 7 gm