



## Pumpkin Chia Muffins

Serves: 18 medium muffins

amount	unit	Ingredients:
2	Tbsp	chia seeds
6	Tbsp	water, mixed with chia seeds, let set for 15 min
1.5	cups	whole wheat pastry flour
2	tsp	cinnamon
0.5	tsp	nutmeg
2	tsp	baking soda
15	oz can	pumpkin
0.25	cup	canola oil
2	Tbsp	honey
1	tsp	vanilla
0.5	cup	chopped walnuts
2	each	apples, grated

Preheat oven to 350 degrees.

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 muffin tins lined with paper or oiled.

Bake in a preheated oven for 25-30 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Nutritional Information 18 medium muffins:

Calories: 150; Carbohydrates: 15g; Fiber: 3g; Sugar: 5g; Protein: 2g; Fat: 6g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 140mg