

Maple Pumpkin Apple Muffins

1 cup whole wheat pastry flour
1 cup all purpose flour
1 teaspoon cinnamon
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
2 eggs (or 4 egg whites)
1 cup sugar or sucanat
1 cup canned pumpkin
1/4 cup maple syrup
1/4 cup sunflower oil

1/4 cup milk (or vanilla soy milk)
1 cup peeled and diced apples
1/4 cup walnuts-chopped

Topping:

1/4 cup *Flax Complete**
2 tablespoons whole wheat pastry flour
1/2 teaspoon cinnamon
1/4 cup walnuts – chopped
2 tablespoons maple syrup
2 tablespoons sunflower oil

- In a medium bowl, combine flours, cinnamon, baking soda, baking powder, and salt.
- In a large bowl, mix together eggs, sugar, pumpkin, maple syrup, oil, and milk.
- Gently stir in dry ingredients into pumpkin mixture. Mix just until blended, careful not to overmix. Fold in apples and walnuts.
- Fill greased muffin tins 2/3-3/4 full.
- Combine all ingredients in Topping and evenly distribute on top of muffins.
- Bake 350° 20-25 minutes or muffins test done with a toothpick.

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Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist