



## Fall Favorite (Diabetic Friendly!) Pumpkin Muffins

### Ingredients

- 2 cups old fashioned oats
- 1 cup pumpkin puree
- 3/4 cup Plain Greek Yogurt
- 1/4 cup maple syrup
- 2 large eggs
- 1 1/2 tsp baking powder
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 1/8 tsp nutmeg
- 1/8 tsp ginger
- 1 cup semi-sweet chocolate chips (optional)

### Directions:

**Step 1:** Preheat oven to 375 degrees F. Grease muffin pan with oil or insert paper muffin liners.

**Step 2:** Measure all the ingredients except chocolate chips into a blender or food processor. Blend until smooth. Scrape down the sides of blender as needed.

**Step 3:** Stir in chocolate chips if desired.

**Step 4:** Scoop batter into muffin pan filling cups about two-thirds full. Bake for 15-20 minutes or until lightly browned on the edges.

**Step 5:** Gently remove muffins from pan and let cool on a wire rack. Best eaten immediately, but they can be stored in a sealed container for up to a week or in the freezer for 1-3 months.

Each of these pumpkin muffins contain only 80 calories and 12 grams of carbohydrates. Most of the fat (2 grams) comes from healthy, unsaturated fats and the sodium is only 5% of your daily value! There are 3 grams of protein per muffin. Try adding a tablespoon of natural peanut butter for a bit more protein to make these muffins into a super satisfying snack! Pumpkin is a nutritious food containing many beneficial nutrients, including vitamins A, B1, B6, and C, as well as copper, fiber, folate,, manganese, calcium, potassium, and magnesium. It's also loaded with beta-carotene, a powerful antioxidant and great for eyesight!

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