

## • ENTREES •

*Blend + Bake Chocolate Pumpkin Muffins*

RECIPE MAKES 6 MUFFINS (1 SERVING = 2 MUFFINS)

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

### INGREDIENTS

- 2 ¼ cups organic oats
- 2 eggs
- 1 cup pumpkin puree
- ½-¾ cup unsweetened vanilla almond milk
- ½ cup organic maple syrup
- 4 tablespoons melted ghee or coconut oil
- 2 teaspoons vanilla
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon allspice
- ½ cup dark chocolate chips

### INSTRUCTIONS

- Preheat oven to 350 degrees
- Place the oats, eggs, pumpkin puree, ½ cup almond milk, maple syrup, ghee/coconut oil, vanilla, baking powder, baking soda, cinnamon, salt and allspice in a blender. Process until smooth. (Note: If mixture is too dry, add additional ¼ cup almond milk.)
- Stir in the chocolate chips
- Fill 6 muffin liners ¾ full
- Bake for 20 minutes, or until a toothpick inserted into the middle comes out clean
- Let the muffins cool for 10-15 minutes on a cooling rack