

# PUMPKIN MUFFINS



## INGREDIENTS:

- 2 large eggs
- 1/4 cup non-fat Greek yogurt
- 2 Tbsp brown sugar
- 2 Tbsp Stevia
- 1 tsp vanilla extract
- 1/2 cup unsweetened applesauce
- 1/4 cup pumpkin puree
- 1 tsp pumpkin spice
- 1 tsp baking soda
- 1/4 tsp salt
- 1 1/4 cup all-purpose whole wheat flour

## DIRECTIONS:

1. Pre-heat oven to 350° F
  2. Place muffin liners on muffing pan and lightly spray with cooking spray
  3. In a large bowl, beat eggs until well mixed
  4. Add all ingredients EXCEPT flour. Mix until well combined
  5. Slowly spoon in flour and gently stir until combined. Don't over mix.
  6. Fill each muffin liner <sup>3</sup>/<sub>4</sub> of the way
  7. Optional: top with chocolate chips, pumpkin seeds, or dried fruit.
  8. Bake for 17-20 minutes.
  9. Allow to cool for 5 minutes
- Enjoy!

Makes 12 Muffins

1 Muffin: Calories: 70 | Protein: 3 gm | Carbs: 12 gm | Fat: 1 gm