



Pumpkin Oat Muffins

Guilt free!

SERVINGS: 12

PREPPING TIME: 10 MIN

COOKING TIME: 15-20 MIN

INGREDIENTS

- 1 cup steel cut oats
- 1 cup all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 2 Tbsp pumpkin spice
- 1 egg
- $\frac{1}{2}$ cup apple sauce
- 1 cup pumpkin puree
- $\frac{1}{4}$ cup milk
- 1 tsp vanilla extract

Cream cheese frosting:

- 8 oz low fat cream cheese
- $\frac{1}{4}$ cup vanilla Greek yogurt
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup maple syrup

DIRECTIONS:

1. Combine dry ingredients in a bowl and mix.
2. Add all wet ingredients and mix until combined.
3. Place in muffin molds and bake at 350F for 15-20 minutes.
4. For topping - mix frosting ingredients with a hand mixer until fluffy and spread on cooled muffins as desired.

Why it's good: These muffins are a good source of fiber and low in saturated fat!

NUTRIENTS:

110 calories, ~4 gm protein, ~20 gm carbs, ~1.5 gm fat, ~3 gm fiber

*not including frosting