November 24- Thanksgiving Muffins
Smart Snack
Link: http://recipes.sparkpeople.com/recipe-detail.asp?recipe=484894

Recipe
Ingredients:
1 ½ cup all-purpose flour
½ cup quick oats
½ cup chopped pecans
1 teaspoon baking powder
2 teaspoon pumpkin pie spice
½ teaspoon baking soda
½ teaspoon salt
1 cup canned pumpkin
2 eggs
½ cup honey
⅓ cup apple juice
¼ cup canola oil

Directions:
1. Preheat oven to 375°F. Spray muffin tin with non-stick cooking spray.
2. Sift flour, baking powder, pumpkin pie spice, baking soda and salt. Add oats and the pecans; blend together.
3. In a separate bowl mix pumpkin and eggs well. Add honey, apple juice and oil; continue mixing until well mixed.
4. Combine pumpkin mixture and flour mixture; mix until well moistened.
5. Pour batter into muffin cups. Bake 25 minutes, or until golden brown.

Yields 12 serving