



Pumpkin Hemp Seed Mini Muffins

Ingredients

- 2 cups whole wheat flour
- 1/4 cup hemp seeds
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 1 cup pumpkin puree
- 1/2 cup oat milk (I use oat + seed milk by Three Trees)
- 1/2 cup pure maple syrup
- 1/4 cup coconut oil, melted
- 1 egg, beaten
- 1 teaspoon vanilla

Instructions

1. Preheat oven to 350 degrees and spray a mini muffin tin with olive, coconut or avocado oil
2. In a bowl, add the flour, hemp seeds, salt, baking powder and cinnamon. Whisk to combine
3. In a separate bowl, add the pumpkin, oat milk, maple syrup, coconut oil, egg and vanilla. Whisk to combine
4. Add the dry ingredients to the wet ingredients and mix to combine with a rubber spatula
5. Scoop into mini muffin tin until the batter is almost to the top
6. Bake for 14-16 minutes until muffins are set and a toothpick comes out clean