



SPORTS NUTRITION RECIPES



## HEALTHY PUMPKIN MUFFINS

BY BREEZE BROWN, RD

### WHAT YOU'LL NEED:

- 1 C pumpkin puree
- ½ C maple syrup
- 2 eggs
- 1 Tbsp. vanilla extract
- 4 Tbsp. almond butter
- ¼ C almond milk
- 2 and ¼ C rolled oats
- 1 Tsp. baking powder
- ½ Tsp. baking soda
- ½ Tsp. salt
- 1 Tsp. cinnamon
- ½ C dark chocolate chips

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### PUTTING IT TOGETHER:

- Preheat oven to 350 Degrees. Grease a muffin tin for 12 muffins
- Combine all ingredients (except the chocolate chips) in large mixing bowl and mix until smooth. You can also do this using an electric mixer or blender (blend for 30 sec)
- Stir in chocolate chips and pour batter into the muffin tins (about ¾ of the way full)
- Bake for 22 min or until muffins are light golden brown
- Let cool for 10 min before eating