

No Flour Pumpkin Muffins

Recipe adapted from *eatingbirdfood.com*

These are **EASY** to make (just blend it all in the blender!) and super **NUTRITIOUS** muffins. (1 muffin = 75% of your child's protein needs for the DAY!).

The peanut butter and eggs in this recipe provide zinc, iron and vitamin E, which are all important for healthy brain development. Because the muffins are high in healthy fats (from the peanut butter), they will keep you full for a loooooong time. The first time I made them, I ate 3 muffins....and had no appetite the rest of the day! *Just make sure you don't serve them too close to dinner 😊!*

Makes: 12 muffins (my 3 big kids can eat entire batch on their own)
Takes: 30 minutes

Ingredients

1 $\frac{1}{3}$ cups peanut butter
 $\frac{2}{3}$ cup canned pumpkin
4 eggs
 $\frac{1}{3}$ cup maple syrup (real or artificial), can sub honey or white sugar
2 Tablespoons pumpkin pie spice
 $\frac{1}{8}$ teaspoon salt
2 teaspoons vanilla
1 teaspoon baking soda
 $\frac{1}{2}$ cup chocolate chips (optional, but the recipe is much yummiier with them!)

Directions

1. Preheat oven to 375
2. Put everything EXCEPT CHOCOLATE CHIPS in the blender. Blend on high until completely blended.
3. Stir in chocolate chips
4. Spray 12 muffin cups with non stick spray
5. Fill muffin cups evenly (about $\frac{3}{4}$ full)
6. Bake for 20 minutes
7. I don't know how well they store because we eat them ALL as soon as they come out of the oven!

Nutrition per muffin: 260 calories, 18 grams fat, 11 grams sugar, 3 grams fiber, 10 grams protein

