

NOURISH STEP SUNRISE MUFFINS

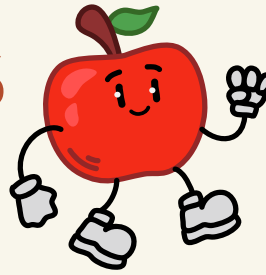


IMAGE BY PAM VANKAMPEN

Ingredients

- 1 ½ cups (188g) all-purpose **OR** gluten-free 1 to 1 flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ to ½ teaspoon salt
- 1 cup pumpkin puree **OR** 1 ½ cup (345 g) mashed bananas
- 1 large egg **OR** substitute a flax egg (mix 1 TBSP ground flaxseed mixed with 3 TBSP water- let sit 5 min.)
- ¼ to ½ cup packed light brown sugar (50 to 95 g)
- 3 TBSP vegetable oil or melted butter **AND** 3 TBSP Applesauce **OR** 6 TBSP Applesauce (unsweetened)
- 2 TBSP milk **OR** Orange Juice
- 1 teaspoon vanilla extract
- **Optional Add-In's:** Walnuts, shredded carrots or zucchini, dried or fresh fruit, raisins, dark chocolate chips, etc.

This recipe gives you options so you can take the **NOURISH Steps** you choose.



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
**8-12
MUFFINS**

Instructions

1. Preheat the oven to 425°F and spray with nonstick spray or line muffin tins (Size of your choice)
2. Mix dry ingredients: In a large bowl, combine flour, baking soda, baking powder, spices, and salt.
3. Mix wet ingredients: In another bowl, whisk together remaining ingredients **EXCEPT** for the optional add-in's.
4. Combine the wet and dry ingredients, stirring just until blended. Now, fold in whatever add-ins you like. You can mix and match add-in's, just divide the batter into smaller portions first.
5. Pour batter into muffin tins.
6. Spoon the batter into liners, as full as you like.
7. Bake for **5 minutes at 425°F, then, keeping the muffins in the oven, reduce the oven temperature to 350°F .**
8. Bake for an additional 15-25 minutes depending on the size of the muffin or until a toothpick inserted in the center comes out clean.
9. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire cooling rack to continue cooling.

Nutr. Info: (per muffin) 138 cal., 2.6 g Pro., 4 g Fat (0.4 g. Sat.fat), 16 mg Chol, 23 g CHO, 200 mg Sodium, 1.3 g Fiber.

Notes:

- Storage: Store in an airtight container in the refrigerator for up to 5 days or freeze.