



Recipe

Pumpkin Muffins

Ingredients	Amount	
All purpose flour	3/4	cup
Whole wheat flour	1	cup
Coconut oil	1/3	cup
Eggs	3	pieces
Honey	1/2	cup
Salt	1/4	Teaspoon
Cinnamon	1/4	Teaspoons
All spice	1/4	Teaspoon
Milk	1/4	cup
Baking powder	1 1/2	Teaspoon
Baking soda	1	Teaspoon
Oats	1/3	cup
Raisins	2 1/2	tablespoons
Pumpkin puree	1/2	cup
Banana (mashed)	1/2	cup or 2 bananas
Butter	1	teaspoon
vanilla essence	1	teaspoon



NOTES

Instructions

- 1 Peel and boil 1/4 of a large pumpkin until soft. Drain and mash the pumpkin, Set aside. Preheat oven to (175 degrees Celsius). Grease a muffin tray with butter.
- 2 In a large bowl, beat the coconut oil and honey together with a whisk. Add the eggs and beat well. Mix in the mashed bananas, cooked pumpkin and milk, followed by the baking soda, baking powder, vanilla, salt, all spice and cinnamon.
- 3 Add the flour and oats to the bowl and mix. Add the raisins as well and mix.
- 4 Divide the batter evenly between the muffin cups, filling each cup about two-thirds full. Sprinkle the tops of the muffins with a small amount of oats. Bake muffins for 25 minutes,