



Lupe's Pumpkin Spice Muffins

Wife-Approved, Purple-Plan Pumpkin Spice Oat Muffins. Try Sayin' THAT 10 times...

After having a few batches of my original 'Purple' muffins, my wife requested pumpkin ones. Having a mixture of old fashioned and quick oats, along with a tiny amount of flour, gives these muffins a 'non-horse feed' texture. You can also use either pumpkin pie spice OR ground cinnamon, depending on your preference.

Ingredients:

Dry ingredients:

- 1-1/2 cups old fashioned oats
- 1-1/2 cups quick oats
- 1 Tbsp baking powder
- 1/8 tsp salt
- 1 cup 0 point brown sugar replacement ***
- 1-1/2 tsp all purpose flour (or gluten free flour)
- 1/2 tsp pumpkin pie spice OR ground cinnamon

Wet Ingredients:

- 1-1/4 cup canned pumpkin puree ***
- 2 large eggs (OR, 5 Tbsp liquid egg whites - *Green Plan*)
- 1 cup unsweetened applesauce
- 1/2 cup unsweetened plain or vanilla almond milk
- 1/4 cup water (*Have nut allergies? Skip the almond milk and replace it with additional water*)
- 2 Tbsp sugar free maple flavor syrup (pancake syrup)
- 1 Tbsp imitation vanilla extract ***

Serving Info.:

Yields: 12 muffins

Servings: 12

Serving Size: 1 muffin

Points:

	G	B	P
1 serving =	2	2	0
2 servings =	4	4	0
3 servings =	7	7	0
4 servings =	9	9	0

(The listed points for Green, assume you are using egg whites)

Optional Garnish:

- 1/2 tsp powdered sugar, or... use as much 0 point confectioners sugar replacement as you want (I used Truvia brand).

Directions:

- 1 In a large mixing bowl, mix the "dry" ingredients till well combined. Then, mix in the wet ingredients.
- 2 Let the batter sit for 10 minutes, as you preheat your oven to 350 degrees.
- 3 Spray a standard sized muffin pan with a nice coat of cooking spray. Fill each cavity up to the top brim with batter. Use remaining batter to dollop on top of all the filled cavities, creating slight mounds.
- 4 Bake at 350 degrees for 40 minutes, or until toothpick comes out clean. Remove from oven and let cool on a wire rack, till room temperature.. (*optional*) Dust muffins with powdered/confectioners sugar, if desired.

Notes:

- **SUGAR REPLACEMENTS:** I used 'Swerve' brand brown sugar replacement in place of regular brown sugar. You can also use Lakanto 'Golden' monkfruit brown sugar replacement, Truvia 'Brown', or any other brand of 0 point brown sugar replacement. Remember, when you use a 0 point sweetener for a recipe, make sure to purchase one that is a 1 to 1 replacement for regular sugar.
- **IMITATION VANILLA???:** I use imitation vanilla extract because it's 0 points up to 1 Tbsp.
- **PUMPKIN PUREE:** SCAN YOUR CAN!!! There are different types of canned pumpkin puree. There are brands that are pure pumpkin puree, which is 0 points. Then, there's canned 'pumpkin pie mix'... which has points.
- **OLD FASHIONED & QUICK OATS???:** I found that using the quick oats gives these a chewy mouth-feel, while the old fashioned oats give the traditional 'oat muffin' texture that you're used to. Combining the 2 gives the best of both worlds. However, you DO need to let the mixed batter sit for 10-15 minutes, to let the old fashioned oats start to soften a bit, prior to baking. Otherwise, they remain a bit too 'toothy'.
- **SUGAR FREE PANCAKE SYRUP:** Different brands have different points. I used 'Cary's', it is 0 points for 4 Tbsp.

