

FALL SPICE MUFFINS



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| 3 CUPS OLD FASHIONED OATS | 1/2 CUP DRIED CHERRIES |
| 1/2 TEASPOON GROUND CINNAMON | 1/2 CUP ROASTED PEPITAS |
| 1/2 TEASPOON GROUND NUTMEG | COOKING SPRAY |
| 1 TEASPOON BAKING POWDER | 1/4 CUP PURE MAPLE SYRUP |
| 1/4 TEASPOON HIMALAYAN SEASALT | 1 CUP UNSWEETENED APPLESAUCE |
| 2 EGGS | 1/4 CUP MELTED COCONUT OIL |
| 1 TEASPOON LORANN GOURMET TAHITIAN VANILLA EXTRACT | |
| 1 CUP UNSWEETENED VANILLA CASHEW MILK (OR SKIM MILK) | |

1. PREHEAT OVEN TO 350°.
2. IN A MEDIUM BOWL COMBINE THE OATS, SPICES, BAKING POWDER, AND SALT. SET ASIDE.
3. IN A SMALL BOWL WHISK MAPLE SYRUP, APPLE SAUCE, EGGS, AND VANILLA EXTRACT. SLOWLY ADD IN THE MILK AND MELTED COCONUT OIL.
4. POUR THE WET INGREDIENTS INTO THE DRY INGREDIENTS. STIR UNTIL WELL COMBINED.
5. STIR IN DRIED CHERRIES AND PEPITAS.
6. SPRAY A MUFFIN TIN WITH COOKING SPRAY. DIVIDE THE OATMEAL MIXTURE BETWEEN THE MUFFIN TINS.
7. BAKE FOR 30 MINUTES UNTIL THE TOPS ARE SLIGHTLY GOLDEN BROWN.
8. LET SIT FOR 5 MINUTES. ENJOY!

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