

Pumped up Muffins

1.5 cups whole wheat pastry flour
1 tsp baking soda
2 tsp baking powder
Dash of salt
1 cup pumpkin or sweet potato purée
1 cup unsweetened apple sauce
2-3 Shredded Carrots
1/4 C Oats
1/4 C chopped Dates
1/4 C Unsweetened Shredded Coconut
1/8-1/4 C Flax Meal
1/2 tsp Cinnamon
1/4 tsp ground ginger
1/4 tsp ground cloves
1/4 tsp nutmeg
1/4 tsp allspice
1/4 cup pure maple syrup

Mix these together, pour into sprayed muffin tins, top with oats and bake at 350 for 20 minutes or so.

We liked these a lot more, and I think you could get away with loading them with more stuff. It's fun to play with it.