

Pumpkin Cranberry Muffins

'Tis the season for pumpkin everything! Try this recipe courtesy of Wellness on Wheels!



Ingredients

1 cup cooked quinoa, cooled (3/4 c dried)

1 cup steel cut oats, dry

1 ¼ cup canned pumpkin puree

¾ cup plain, non-fat, Greek yogurt

¾ cup whole cranberries

OR: Chia seeds

Chocolate chips

Almonds

Walnuts

Pumpkin seeds

Raisins

½ cup brown sugar

¼ tsp cinnamon

¼ tsp allspice

1 tbsp baking powder

Directions

1. Cook quinoa according to package directions. Let cool.
2. Preheat oven to 350°.
3. Spray muffin tin with cooking spray.
4. Mix all ingredients in a large mixing bowl
5. Scoop mixture into muffin cups. Fill cups to $\frac{3}{4}$ full.
6. Place in oven and bake for 30-35 minutes.
7. Remove from oven and let cool in pan.
8. Enjoy!

Serving Information

Serving size: 1 muffin

Servings: approximately 18 muffins

Nutrition Information

Calories:	80
Total fat:	<1 g
Saturated fat:	<1 g
Cholesterol:	0 mg
Sodium:	6 mg
Total Carbohydrate:	16 g
Dietary fiber:	2 g
Total sugars:	5 g
Protein:	3 g