

# Pumpkin Cranberry Muffins

## Ingredients

- 1 cup cooked quinoa, cooled (3/4 cup of dried quinoa)
- 1 cup steel cut oats, dried
- 1 ¼ cup of pumpkin puree
- ¾ cup of Greek yogurt
- ¾ cup of cranberries
- ½ cup of brown sugar
- ¼ tsp cinnamon
- ¼ tsp of allspice
- 3 tsp of baking powder

Optional add ins: chia seeds, chocolate chips, almonds, pumpkin seeds, raisins

## Nutrition Information

- Serving size: 1 muffin
- Servings: approx 18 muffins
- 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



## Directions

1. Preheat oven to 350°.
2. Line muffin tin with a liner or use a cooking spray.
3. Boil ¾ cup of dried quinoa. Drain water and let cool.
4. Put all ingredients in a large mixing bowl, cranberries or other add ins.
5. Add cranberries or other add ins.
6. Scoop mixture into muffin tin to be ¾ full.
7. Place in over and bake for 15-20 minutes.