3x5 Card ξ Cutout Sugar-free Pumpkin Muffins Ingredients Instructions 2 cups oats Preheat oven to 350 degrees. Grease or line a muffin pan. Mix 11/3 cup pumpkin puree ingredients (except pecans) in a (fresh or canned) food processor or high-powered 3/4 cup Medjool dates, blender until smooth. Spoon soaked in water to soften mixture into muffin tins. If desired, add pecans on top of muffins. 1 tsp baking soda Bake for 15-20 minutes. Enjoy! 1 tsp pumpkin pie spice Optional: chopped pecans (on top)

6x4 Card

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