

3x5 Card



Sugar-free Pumpkin Muffins

Ingredients

- 2 cups oats
- 1 1/3 cup pumpkin puree (fresh or canned)
- 3/4 cup Medjool dates, soaked in water to soften
- 1 tsp baking soda
- 1 tsp pumpkin pie spice
- Optional: chopped pecans (on top)

Instructions

- Preheat oven to 350 degrees.
- Grease or line a muffin pan. Mix ingredients (except pecans) in a food processor or high-powered blender until smooth. Spoon mixture into muffin tins. If desired, add pecans on top of muffins.
- Bake for 15-20 minutes. Enjoy!



6x4 Card



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- 1 tsp baking soda
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