

Healthy Pumpkin Chocolate Chip Muffins!

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-chip-muffins-recipe-india>

Ingredients:

- 2 1/2 cups spelt flour I think oat flour would work too
- 1/3 cup maple syrup
- 1/4 cup coconut oil
- 1/2 cup unsweetened applesauce
- 2 cups pumpkin
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/4 teaspoon ginger
- 1/3 cup chocolate chips I used carob

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 40 grams
3. Fat: 18 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 14 grams
7. Sodium: 640 milligrams
8. Sugar: 28 grams

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