

PUMPKIN CHOCOLATE CHIP MUFFINS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 18 (Serving= 1 muffin)

Nutrition (per serving)

Calories: 133

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 112 mg

Total Carbohydrate: 19 g

Dietary Fiber: 2 g

Protein: 3 g



Ingredients

- Cooking spray
- 1/3 cup Smart Balance margarine, melted
- 3 large eggs
- 1 – 15 ounce can 100% pure pumpkin
- ¾ cup white whole wheat flour
- ¾ cup all-purpose flour
- ½ cup Splenda® brown sugar blend
- 1 cup quick oats
- 1 ½ teaspoons pumpkin pie spice
- 2 ½ teaspoons baking powder
- 1/3 cup dark chocolate chips



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Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray muffin tin with cooking spray.
2. In a small bowl, whisk wet ingredients together until combined.
3. In a large bowl, mix flour, sugar, oats, pumpkin pie spice and baking powder.
4. Add wet ingredients to dry, folding until almost combined.
5. Add chocolate chips and continue to fold into mixture until evenly distributed throughout.
6. Spoon mixture into muffin tins about 2/3 full.
7. Bake for 25-30 minutes or until toothpick inserted in middle comes out clean.