

Pumpkin Spice and Chocolate Chip Muffins

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

1 cup	Whole Wheat Flour
1 1/3 cup	Spelt Flour
1 cup	All Purpose, Unbleached Flour
1 1/2 tsp	Baking Soda
1 cup	Brown Sugar
1/4 cup	Maple Syrup or Agave Nectar
1 tsp	Salt
1 1/2 tsp	Pumpkin Pie Spice
2 cans	Canned Pumpkin Puree
2	Organic or Free Range Eggs, beaten
2 Tbsp	Ground Flax Seed
1/3 cup	plus 2 Tbsp Water
1/3 cup	Grapeseed Oil
1 cup	Dark Chocolate Chips

Preheat oven to 350 degrees. Grease muffin tins for 24 muffins.

In a large bowl, stir together the flours, baking soda, sugar, salt and pumpkin pie spice. In a separate bowl, beat together the eggs, pumpkin puree, maple or agave, flax, water and oil. Stir into the dry mixture and mix until just blended. Don't stir too much - it's the key to great muffins! Fold in the chocolate chips. Bake for 10 minutes, turn the tins and bake for another 10 minutes. Muffins are ready when a toothpick inserted in the middle comes out clean.

What makes this a Healthy Snack Sarah?

"Spelt is a fabulous addition to any recipe as it has lots of protein and fibre. It is always a good idea to vary your diet as much as possible as everything offers something different for your body. Flax seed add fibre and Omega 3 essential fatty acid), things we all need a lot of! Pumpkin is also a good source of fibre along with lots of vitamins and minerals. Check the label to ensure there is no added sugar. Agave nectar is actually from a cactus plant! The syrup is high in nutrients and our body absorbs it at a slower rate than other sweeteners making it a great choice for diabetics." *Sarah Green, Holistic Nutritionist*

