

Punky Muffins

Instead of a muffin tin, I use an 8" X 8" baking pan or casserole dish. When "muffins" are cool, cut into squares, place them in a plastic storage bag, and freeze. They're great for a snack or breakfast.

Ingredients

1 cup pumpkin
1 cup applesauce
2 large eggs
1 tsp. vanilla extract
1 ½ cups quick or old-fashioned oats
½ cup walnuts, chopped
1 large, ripe banana, mashed
1/3 cup flour
1 tsp. baking powder
½ tsp. baking soda
2 ½ tsp. pumpkin pie spice
1/4 cup sugar (optional)

Preheat oven to 375 degrees.

Grease pan. In a large bowl, mix pumpkin, applesauce, eggs, and vanilla. Add oats, chopped walnuts, and mashed banana. Add flour, baking powder, baking soda and pumpkin pie spice. For sweeter muffins, add sugar.

Bake 30 – 35 minutes.

Cool, cut into squares and freeze.

*Both of my grandchildren love to bake. When making the muffins, each child has a large mixing bowl to make their own batch. Muffins are baked in separate pans.