Pumpkin Maple Muffins
Makes 12 mini muffins, 6 large muffins

Canned of fresh pumpkin puree can be used in these sweet little muffins.

1 1/2 cups pumpkin puree
1 1/2 cups whole wheat flour
1 teaspoon baking soda dissolved in 1 tablespoon warm water
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/3 cup maple syrup
1 large egg
1/2 cup whole or 2% milk

Pre-heat oven to 350°F. Grease a mini-muffin pan or line with paper liners.

Combine the flour, baking powder and cinnamon in a large bowl.

Combine the pumpkin, dissolved baking soda, maple syrup, egg and milk in another bowl.

Stir the wet ingredients into the dry and stir until just mixed. Do not overmix.

Fill the muffin cups and bake for 15 minutes for mini-muffins, 20-25 minutes for large muffins.