



Pumpkin Oat Molasses Muffins

Ingredients

- 1³/₄ cups whole wheat pastry flour or regular whole wheat flour (spooned in)
- ½ cup old-fashioned oats, plus more for sprinkling on top
- ½ tsp. salt
- 1 tsp. baking soda
- ½ tsp. cinnamon, plus more for sprinkling on top
- ½ tsp. ground ginger
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- ⅓ cup oil or melted butter (I use grape seed oil)
- ¼ cup Crosby's Fancy Molasses
- ¼ cup honey or maple syrup
- 2 eggs, at room temperature
- 1 cup pumpkin purée
- ¼ cup milk
- 1 tsp. vanilla

Directions

1. Preheat oven to 325 F. Prepare muffin pans
2. In a large bowl stir together the flour, oats, baking soda, salt and spices.
3. In a medium bowl whisk the oil, molasses and honey or maple syrup. Add eggs, one at a time. Mix in the pumpkin purée, milk and vanilla.
4. Add the wet mixture to the dry mixture and stir just until combined.
5. Spoon batter into 11 muffin cups and sprinkle with a little cinnamon and oats.
6. Bake at 325 F for about 25 minutes.

Nutritional info: Per muffin. Calories: 238.9, Fat: 11.8 g, Saturated Fat: 1.8 g, Cholesterol: 35.3 mg, Sodium: 240.6, Carbs: 29.3 g, Sugar: 11.7 g, Protein: 4.8 g, Calcium: 39.3 g, Fibre: 2.7 g, Potassium: 245.2 mg, Folate: 25.5 (DFE), Vitamin A: 195 (RAE)



Crosby's Fancy Molasses

The highest grade of molasses available, fancy molasses is the pure juice of the sugar cane, condensed, inverted and purified. It is 100% natural and contains no additives or preservatives. It is lighter in colour than the other molasses products, and the flavour is tangy sweet. All the recipes on Crosbys.com are made with fancy molasses.

Where to buy:

You can find Crosby's Fancy Molasses in the Baking section of your local grocery store.