

Pumpkin Bites/Muffins (No added sugar)

Makes 12 muffins

Source: Born to Eat by Leslie Schilling and Wendy Jo Peterson

Ingredients:

- 1/4 cup boiling water
- 1/2 cup chopped dates
- 1 cup pumpkin purée
- 2 1/4 cup rolled oats
- 2 eggs
- 1 Tbsp vanilla
- 1/4 cup peanut butter or almond butter
- 1/4 cup milk
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon

Directions:

1. Preheat oven to 350°F.
2. Pour 1/4 cup boiling water over chopped dates and allow to sit for 5 minutes.
3. Place all the ingredients, including dates with water, into a blender and blend for about 1 minute or until smooth.
4. Using a tablespoon, make 36 mounds on parchment paper-lined baking sheet, slightly spaced. Bake for 8 minutes or until golden brown. To cook as muffins, spoon mixture into muffin tin and bake for about 15 minutes. Store in the fridge for up to 7 days or in the freezer.