



Ashley's Meal Prep Monday!



Maple Swirl Banana Pumpkin Muffins

INGREDIENTS

- 1 ripe banana
- 1 cup pumpkin puree
- 1 1/2 cups GF all-purpose flour
- 1 TSP baking soda
- 1 TSP cinnamon
- 1/2 TSP nutmeg
- 1/2 TSP salt
- 1 TSP vanilla
- 2 eggs
- 1/2 cup maple syrup
- 2 TBSP oil

- Swirl:
2 TBSP maple syrup
2 TSP cinnamon



Preheat oven to 350 and line a muffin tin with liners or spray. Combine all of the dry ingredients in a large bowl and mix until combined. Add the wet ingredients to a separate bowl. Then pour into the dry and stir until well combined.

Add swirl ingredients to a small bowl. Fill each muffin tin about 3/4 full. Then top each muffin with about 1 TSP of the maple swirl mix and swirl/marble using a knife or toothpick. Bake for 20-25 minutes. Allow muffins to cool for 10 minutes on a cooling rack. Enjoy!

Recipe: realfoodwithsarah.com

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