

# Ashley's Meal Prep Monday!

## Pumpkin Crumble Muffins

### INGREDIENTS

Dry: 1 1/2 cups GF flour  
1/2 cup coconut sugar  
2 TSP cinnamon  
1 TSP baking powder  
1 TSP baking soda  
1/4 TSP salt

Wet: 1 cup mashed ripe  
bananas  
3/4 cup pumpkin puree  
2 eggs  
1 TSP vanilla  
1/4 cup  
coconut oil

Preheat oven to 350. In a large bowl, mix all dry ingredients. Stir wet ingredients into the dry. Mix well, before pouring into 12 lined muffin tins.

I made a crumble that I think I'd like to tweak a little more, but in a small bowl, I used a 1/2 cup of GF flour, 1/4 cup rolled oats, 1/3 cup coconut sugar, 1 TSP cinnamon and 2-ish TBSP macadamia nut milk. I mixed it and then crumbled it on top of each muffin. If you just want pumpkin muffins, omit this part.

Then into the oven for about 25 minutes - or until a toothpick comes out clean.

**CARTWRIGHT'S**  
**MARKET**

