

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pumpkin, Millet and Chocolate Muffins

Adapted from www.joythebaker.com

Makes about 16 muffins

½ cup coconut oil
¾ cup sucanat
2 large eggs
1 cup pumpkin puree
2 tsp vanilla extract
1 ¾ cup flour (I like to use spelt, but you can also use whole wheat)
½ tsp salt
1 tsp baking soda
1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground nutmeg
½ cup dry millet
¼ cup buttermilk
¾ cup dark chocolate chips (The darker the chocolate, the less sugar, and the better it is for you. You can use less chocolate chips, or even omit them all together.)

1. Place a rack in the center of the oven and preheat the oven to 325° F. Line a muffin tin with paper liners and set aside.
2. In a large bowl, whisk together oil, sucanat, eggs, pumpkin puree, and vanilla extract.
3. In a medium bowl, whisk together flour, salt, baking soda, spices and millet.
4. Add the dry ingredients, all at once to the wet ingredients. Add the butter milk and fold together. When batter is almost completely mixed, fold in the chocolate chips.
5. Spoon batter into prepared pan. Fill muffin cups ¾ full. Bake for 15-17 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Let rest for at least 15 minutes before serving. Serve warm or at room temperature. Muffins will last, well wrapped at room temperature, for up to 3 days.