

Pumpkin Spice Muffins

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Prep time: 10 mins Cook time: 17 mins Total time: 27 mins

Serves: 6

Here is how to use the Diabetic Kitchen Cinnamon Donut Mix to make healthy Pumpkin Spice Muffins.

INGREDIENTS

- 1 cup dry Mix (Diabetic Kitchen Cinnamon Donut mix)
- 2 eggs
- 4 TBL Butter, unsalted, melted
- 4 TBL Pumpkin Puree
- ¾ tsp Pumpkin Pie Spice

METHOD

1. Preheat oven 350 degrees
2. Place all ingredients in a bowl and stir to combine.
3. Lightly butter muffin pan and divide batter equally into 6 muffin wells.
4. Wipe any excess batter or butter from top of muffin pan so it doesn't burn and clean up is easier.
5. Bake for 17-18 minutes.
6. Cool in pan for 2-3 minutes then place on wire rack. Cool completely if you are going to frost them.

DK NOTES

NUTRITIONAL INFORMATION

Calories 86 | Fat 5g | Carb 11g | Fiber 8g | Sugar .9g | Protein 5g

Nutrition Information

Serving size: 1 Muffin

Recipe by Diabetic Kitchen at <https://diabetickitchen.com/pumpkin-spice-muffins/>