

# Herbal Legacy Recipes

## PUMPKIN MUFFINS

### INGREDIENTS:

- 2/3 C. honey
- 3 C. whole wheat flour
- 1 1/2 tsp. cinnamon
- 1/2 tsp. ginger
- 2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves
- 1 1/4 C. water
- 2/3 C. vegetable oil (can use olive)
- 2 T. soy milk
- 2 C. pumpkin
- 1 C. carob chips (vegan)



### DIRECTIONS:

1. Mix all ingredients together except carob chips.
2. When all ingredients are mixed well, fold in carob chips.
3. Bake at 400 degrees for 18-20 minutes.

Yields 24 muffins.

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