

Pumpkin Muffins Recipe

Ingredients:

1 Box of Vanilla Cake Mix
15 oz. can of pumpkin

Nutrient Dense Add-Ins:

- Nuts (walnuts, pecans)
- Fruits (mashed banana, raisins, craisins)
- Spices (cinnamon, all-spice, cloves)

Directions:

Mix the powder and pumpkin together, put into a muffin pan and bake at 350 degrees for 20-25 minutes. For microwave bakers, fill a mug with the mix and microwave on high for three and a half minutes. Let cool, and enjoy.