

Mini Pumpkin Muffins

2 tablespoons flax seed meal

6 tablespoons water

¾ C. brown sugar

1 cup canned pumpkin puree

1/2 cup applesauce

1 1/3 cups all-purpose flour

1/3 cup whole wheat pastry flour



1 teaspoon baking soda

1 teaspoon ground cinnamon

¾ teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cloves

Preheat oven to 350 degrees F. Lightly grease two mini muffin pans (or one 9x5 inch loaf pan).

Whisk together flax seed meal and water. Mix in sugar, pumpkin and apple sauce.

In a large bowl, stir together all-purpose flour, whole wheat flour, baking soda, cinnamon, salt, baking powder, nutmeg, and cloves. Add flour mixture to pumpkin mixture; stir until smooth. Pour batter into prepared pan.

Bake in preheated oven for 18-20 minutes (or 65-70 minutes for loaf pan) until a toothpick inserted into center of the loaf comes out clean.

Let stand a few minutes, and then transfer mini-muffins to a wire rack to cool.