

## ***Pumpkin Muffins***

2 tablespoons canola oil  
½ cup honey  
1/3 cup fat free mayonnaise  
1 large egg  
1 teaspoon pure vanilla extract  
1 – 15 ounce can pure pumpkin  
1 teaspoon baking soda  
2 teaspoons pumpkin pie spice  
¼ teaspoon kosher salt  
1 ¼ cup all purpose flour  
2 tablespoons, rolled oats and almonds (sprinkle on top)

### Directions:

1. Preheat your oven to 325 degrees F. Light coat a 12-inch standard muffin tin with nonstick spray or use muffin liners.
2. In a large mixing bowl, whisk together the oil, honey, and mayonnaise. Once blended, whisk in the egg and vanilla. Make sure the ingredients are smooth and well blended.
3. Whisk in the pumpkin.
4. Mix baking soda, pumpkin pie spice, salt, and flour together. Gently stir in pumpkin mixture to combine.
5. Scoop batter into the prepared muffin cups, dividing it evenly. The cups will be very full. Sprinkle rolled oats and almonds on top.
6. Bake for 25-30 minutes, or until a toothpick inserted in the center of muffin comes out clean.

Servings 12 muffins

Nutrient Analysis, per serving: 147 calories, 27g. carbohydrate, 4g. protein, 3g. fat