# Claire L.

## Pineapple-Blueberry Muffins (makes 12 muffins)

**Ingredients:**

1 1/2 Cups Whole Wheat Flour
3/4 Cup Oatmeal
3 Tbsp. Agave Syrup
1 Cup Crushed Pineapple, in Natural Juice (one 8 oz. can)
1/2 Cup Canned Pumpkin (just pumpkin not sweetened pie filling)
1/2 Cup Mashed Banana (about 1 medium)
1/4 Cup Dried Blueberries
1/2 Tsp. Pumpkin Pie Spice
1 Tsp. Baking Soda
1 Tsp. Baking Powder

**Instructions:**

- Combine the flour, oats, baking soda, baking powder, and pumpkin spice and stir to mix well.
- Add the pineapple, including the juice, pumpkin, blueberries, agave, and banana and stir until all of the dried ingredients are moistened.
- Divide into 12 muffins in silicone baking cups without any oil.

Bake at 380 for 16-18 minutes (check with a toothpick to see if done.)

**Notes:**

- You can make proportionate swaps for pumpkin and banana, including all pumpkin for savory muffins.
- To make sweeter, add a max of 3 more Tbsp. agave, but subtract equivalent liquid elsewhere, e.g., pineapple juice or banana.
- To reduce calories and cost, omit the dried blueberries.

