

Pumpkin-banana muffins with pecan crumble

These muffins are full of healthy whole grains and are sweetened with dates rather than sugar!

They make a nutritious snack or breakfast, and would be great for kids

Makes one dozen muffins

Ingredients

- 1.5 cups whole wheat flour
- $\frac{1}{2}$ cup dark rye flour
- 1.5 tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 1 tsp. ground cinnamon
- $\frac{1}{2}$ ground nutmeg
- $\frac{1}{4}$ tsp. ground cardamom
- 2 ripe bananas (this is a great way to use up overripe bananas too!)
- 2/3 cup pumpkin puree
- 1 cup pitted dates, soaked in hot water for 15 minutes
- 2/3 cup coconut oil, melted
- 2 flax or chia eggs (stir together 2 tbsp. chia seeds or ground flaxseeds with 6 tbsp. water and refrigerate for about 15 minutes, until thick and gelatinous)
- 1 tsp. vanilla

Crumble

- $\frac{1}{4}$ cup pure maple syrup
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{2}$ roughly chopped pecans

Directions

- 1) In a medium bowl, sift together flour, baking soda, salt, cinnamon, nutmeg, and cardamom.
- 2) Preheat the oven to 350 degrees. Lightly grease a muffin pan.
- 3) Drain the dates and mash along with the bananas. Add the coconut oil and beat until smooth (it might not be perfectly smooth, so just mix it until well combined). Add the pumpkin puree, flax or chia eggs, and vanilla.
- 4) Add the dry ingredients into the wet ingredients and beat until combined.
- 5) Divide the batter among the muffin tins, filling each one about 2/3 of the way full. Bake for 10 minutes.
- 6) Meanwhile, mix together all ingredients for crumble in a small bowl.
- 7) Take out the muffins and sprinkle a little bit of the crumble on top of each. Bake for another 15 minutes, or until a toothpick inserted in the center comes out clean.

