

Pumpkin Spinach Toddler Muffins

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

45 mins

Description

These sanitysaving healthy pumpkin muffins for toddlers are packed full of veggies and gentle spices Theyre the perfect finger food for your little one and a nice selfcontained meal or snack for a more independent eater

Ingredients

- - 2 cups canned pumpkin - ½ cup olive oil - ¼ cup maple syrup - 3 large eggs - 1 cup whole wheat flour - 1 cup rolled oats - 1 teaspoon baking powder - 1 teaspoon baking soda - ½ teaspoon ground cinnamon - ½ teaspoon ground nutmeg - ½ cup frozen spinach
- thawed and drained

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Line two 12-cup muffin tins with paper liners. Combine pumpkin
2. oil
3. maple syrup
4. and eggs in a large bowl; mix until thoroughly combined. Combine flour
5. oats
6. baking powder
7. baking soda
8. cinnamon
9. and nutmeg in a small bowl. Stir flour mixture into egg mixture. Add spinach and stir until evenly dispersed in batter. Spoon batter into the prepared muffin tins
10. filling the cups 2/3 full. Bake in the preheated oven until tops spring back when lightly pressed
11. about 20 minutes. Cool for 10 minutes before removing from the tins. Let cool to room temperature before serving. Tips You can substitute rice flour for whole wheat flour and applesauce for olive oil.