Healthy Pumpkin Muffins
Nov 22, 2015

Ingredients
- 1 small can (15 oz) pumpkin
- 1/2 cup applesauce
- 2 large eggs (or flax meal. We use flax because it means we can lick the bowl and spoon without raw-egg worries. 1 Tbsp Flaxseed Meal + 3 Tbs water = 1 egg.)
- 1 teaspoon vanilla (or more if your little one is pouring)
- 1/2 cup brown sugar
- 1 3/4 - 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 1/2 teaspoons pumpkin pie spice (or your preferred combination of nutmeg, ginger, ground cloves, and cinnamon).
The biggest complaint I’ve heard is that these muffins needed more spice. You might want to use more than this recommended amount!
- 1/2 teaspoon salt

Directions
1. Heat oven to 350.
2. Grease bottom only of muffin cups.
3. Combine ingredients. I’m sure someone would tell you that you need to mix the dry ingredients separately from the wet ingredients. But who has time for that when they’re cooking with kids? Not me! We just mix everything in one bowl in no particular order.
4. Pour into muffin cups and bake until muffins are slightly puffed and golden brown, about 25 minutes.

Turkey Wrap w/ Chipotle Avocado Spread
Nov 22nd, 2015

Ingredients
- 1 avocado, skin and pit removed
- Juice from ½ lime
- 1 tablespoon of chopped cilantro
- ½ tablespoon garlic
- salt and pepper
- thin slices of smoked turkey breast
- 2 tomatoes, sliced
- 1 large cucumber, sliced and quartered
- Whole wheat tortilla shells

Directions
1. In a small food processor, process the avocado, garlic, cilantro, lime juice, salt and pepper. Give it a taste. Add a more lime juice, salt, and pepper as needed.
2. Divide the avocado spread among the wraps. Layer the turkey, cucumbers, and tomatoes on each of the wraps. Roll up and serve.