

CARAMEL PUMPKIN MUFFINS

Eggs

Can pumpkin puree

Almond milk

(or cows, coconut,
whatever)

Brown sugar

Maple syrup

(or pancake syrup)

Vegetable oil

Vanilla extract

Pumpkin pie spice

Salt

Old fashioned oats

Baking powder

Whole wheat flour

(or all-purpose)

Optional:

Soft caramel chews or
chocolate chip