



## Cranberry Orange Pumpkin Muffins

**Yield: 12 muffins**

### Ingredients

- 2 bananas, very ripe
- ½ cup orange juice plus zest of one orange
- 1 15-ounce can pumpkin puree (not pumpkin pie filling)
- ½ cup date paste
- 1 tablespoon vanilla extract
- 2 tablespoons ground flaxseed
- 1 tablespoon pumpkin pie spice
- 3 cups old-fashioned oats
- 1 cup dried cranberries, unsweetened
- ¼ cup walnuts, finely chopped
- ½ teaspoon ground cinnamon

### Date Paste

- 1 pound pitted dates
- 1 cup vanilla rice milk

### Instructions

1. Preheat oven to 350 degrees.
2. In a food processor, process bananas and orange juice until smooth.
3. Add pumpkin, date paste, vanilla extract, orange zest, ground flaxseed and pumpkin pie spice and continue processing until creamy.
4. Transfer batter to a bowl and stir in the oats and dried cranberries.
5. With an ice cream scoop place an equal amount of batter into a muffin tin lined with cupcake liners. Fill each muffin liner with about ½ cup of batter as these do not rise.
6. In a bowl, mix the nuts and cinnamon and sprinkle evenly into each of the 12 muffin liners.
7. Bake for 30 to 35 minutes.

**Date Paste** Servings: 1 batch

1. Soak dates in rice milk for several hours until much of the liquid is absorbed.
2. Process dates and liquid in food processor until completely smooth.

### Nutrition Information **Serving Size: 1 muffin**

Calories: 217 | Total Fat: 4 g | Saturated Fat: 1 g | Sodium: 0 mg  
Total Carbohydrate: 45 g | Dietary Fiber: 6 g | Sugars: 23 g | Protein: 4 g

Recipe inspired by Chef AJ at [forksoverknives.com](http://forksoverknives.com). Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.

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