



# The Micheff Sisters

“Happy Holidays” (2013)

## Pecan Pumpkin Muffins

### INGREDIENTS:

1 cup white whole wheat flour  
1 cup unbleached flour  
1 T. Rumford baking powder  
1 teaspoon pumpkin pie spice  
1/8 t. cinnamon  
1/2 cup pure maple syrup  
1/2 cup agave nectar  
1/2 cup pumpkin  
1/2 t. salt  
1/2 cup canola oil  
1 t. vanilla  
1 cup soy milk  
1/2 cup Craisins  
1/2 cup pecans, chopped



### DIRECTIONS:

**Step 1.** Mix the dry ingredients together and make a well in the middle of the ingredients.

**Step 2.** Pour the oil, vanilla, pure maple syrup, and agave nectar in the middle of the dry ingredients. Gently stir muffin mixture together.

**Step 3.** Spray a standard 12 cup muffin pan with vegetable spray. Divide the batter between the muffin cups. Bake 350° for 20–25 minutes or until done. Check doneness by inserting a toothpick in the middle of the muffin, if it comes out clean it is done.

*Linda Johnson*