

PUMPKIN RAISIN MUFFINS

By Chef AJ

Makes 12 muffins

I have altered some aspects of this recipe. These muffins a super hearty so they are more of a meal than a treat. They are great to take to work on a cold winter day. This recipe requires a food processor to process some of the ingredients.

**Ingredients:**

* 2 large very ripe bananas
* ½ cup oat milk
* 1 can organic pumpkin
* ½ cup date paste (½ cup dates ¼ cup water)
* 2 Tbs. chia seeds
* 1 Tbs. pumpkin pie spice
* 1 Tbs. vanilla
* 3 cups rolled oats
* 1 cup organic raisins

**Method:**

1. To make the date paste, soak ½ a cup of dates with ¼ cup of filtered water overnight to soak up the water.
2. Preheat your oven to 350°F.
3. In a food processor, process the dates until smooth. Then add the bananas and oat milk and process until smooth.
4. Finally add the pumpkin, chia seeds, spice and vanilla and process until well combined.
5. In a big bowl, combine the rolled oats and raisins
6. Then pour the pumpkin mix over the oats and raisins and stir to combine.
7. Spoon equal amounts of the mixture into a **silicone** muffin pan or a standard muffin tin lined with **cupcake liners**.
8. Bake for 45 minutes and then let cool.
9. These muffins freeze and thaw well so you can control your consumption.

\*Note: Because the raisins are much more calorically dense, omit them if you are trying to lose weight.