**Whole Wheat Pumpkin Muffins**

**Muffin Ingredients ≫≫**  
3 cups whole wheat flour  
1 Tbsp and 2 tsp pumpkin pie spice  
2 tsp baking soda  
1 1/2 tsp sea salt  
1 ½ cups organic sugar  
1 can Libby's pure pumpkin  
3 eggs (we use free range organic, you can replace these with 3 bananas for vegan muffins)  
1/2 cup extra virgin olive oil  
1/2 cup water

**Directions ≫≫**

Preheat oven to 350.

Combine the whole wheat flour, pumpkin pie spice, baking soda, and sea salt in a large mixing bowl. In another large bowl, combine the brown sugar, pumpkin, eggs, oil, and water until blended. Add the two mixtures together and mix well until everything is moist.

Spoon batter into very well greased mini muffin tin (these suckers have a tendency to stick), if you don't have more than one tin (like me) this will take about 3 or more batches. Bake for 15 minutes.  Let the muffins cool before trying to remove them from the pan.

For the glaze, just combine all of the ingredients in a smaller bowl until the sugar is dissolved while muffins are cooking.

This recipe makes about 40 mini muffins. Enjoy!

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