

# Janet's Pumpkin Spice Muffins

1. Preheat oven to 350 degrees, and line a 12 muffin tin with liners or grease with cooking spray.
2. In a large bowl, whisk together the dry ingredients. In a separate bowl, whisk together wet ingredients. Pour the wet ingredients over the dry ingredients and mix gently until well combined. Add raisins.
3. Fill muffin tins and top each muffin with 3 dark chocolate chips. Bake for 30 minutes or until done. Cool on a rack. They store well in the fridge in an air-tight container.

Janet's muffins aren't as sweet as the giant cakes from your local coffee shop, but they hit the spot when cravings strike. The combination of nutritious, high-fiber/ high protein ingredients will leave you feeling satisfied and pair perfectly with coffee for a mid-morning pick-me-up! Enjoy!!!