

EVERYTHING HERBAL

by Cheryl Jabz

*Cooking with
Herbs for
Health, Flavor
& Tradition.*

Fenugreek Pumpkin Muffins

Soft, warmly spiced pumpkin muffins with a touch of fenugreek and maple sweetness. A cozy fall-inspired treat perfect for breakfast, snack time, or sharing with tea or coffee.

INGREDIENTS

- 1 cup pumpkin puree
- 1½ cups flour
- 1 tsp baking powder
- ¼ tsp ground fenugreek
- 1 tsp pumpkin pie spice
- 1 egg
- ⅓ cup maple syrup

INSTRUCTIONS

- 1 Mix wet ingredients.
- 2 Add dry ingredients.
- 3 Fill muffin tins ¾ full.
- 4 Bake at 350°F (175°C) for 18–22 minutes.

HERBAL BENEFITS



Fenugreek adds a warm, slightly maple-like note.



Pumpkin provides cozy, seasonal flavor.

ENJOY WITH



Herbal Tea



Coffee



Fresh Fruit



Butter



SCAN ME

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