**Pumpkin Applesauce Muffins**  *makes 12 muffins*

*gluten free, vegan option, low fat, sugar free*

3/4 cup gluten free plain flour

3/4 cup buckwheat flour **or** gluten free oat flour (the choice is yours!)

1/2 tsp baking powder

1/4 tsp baking soda

1 tsp cinnamon

1/2 tsp mixed spice

Pinch of salt

1/2 cup [egg whites﻿](http://www.iconfoods.com.au/products/naturegg-simply-egg-whites/) **or** 2 eggs

1 cup pumpkin puree (if your pumpkin puree is quite liquidy, you may need to add 1-2 tbsp of flour)

1 cup unsweetened applesauce

1/4C-1/2C honey (use more/less depending on how sweet you like things - if vegan, use maple syrup and you can also use sugar if you prefer)

2 tsp vanilla

Preheat oven to 180°C/350°F

In a bowl, combine flours, baking powder, baking powder, baking soda, spices and a pinch of salt.

Combine your egg choice with the pumpkin puree, applesauce, honey and vanilla.

Pour your wet ingredients into your dry ingredients, mixing until just combined.

Bake for 10-20 minutes, depending on size, until a skewer removes clean.