Easy Pumpkin Muffins

Here’s a nice little low calorie treat that tastes yummy, can be a dessert or breakfast, and can sneak in some veggies for the pickiest

1 (15oz) can pumpkin puree  1 (18oz) box spice cake mix

Directions: Preheat oven to 375 degrees.

Mix pumpkin puree with the dry cake mix until it’s completely combined. Note that the batter will be thick.

Spray your muffin tin with cooking spray or line with paper cups.
Bake for about 18 minutes.

Some additional tips:
1. This works with a yellow or chocolate cake mix, as well. Or throw some chocolate chips into your spice cake mix for a yummy treat.
2. Turn these into cupcakes with a dollop of cream cheese frosting!

NAMI Vermont Minute:

Celebrate our NAMIWalks day tomorrow with some of these pumpkin muffins! Whatever you have decided to do for our NAMIWalks Your Way event tomorrow, we are glad that you are joining us in spirit this year.

You can stay connected tomorrow by taking pictures, posting to your social media, and tagging NAMI Vermont! We also encourage you to use these hashtags when you post: #MentalHealthforall #NotAlone #NAMIWalksVermont.

You can also send videos and photos to NAMI Vermont at aerry@namivt.org so we can create a photo slideshow later.

And if you want, you can download some of these Signs of Hope to include in your photos!

Most of all, have fun tomorrow and thank you from the bottom of our hearts for supporting NAMI Vermont!