

Pumpkin Muffins

*Provided by Placer/Nevada UC CalFresh
Nutrition Education Program*

Recipe type: breakfast, bread

Serves: 12

Prep Time: 15 minutes. Cook Time: 30 minutes.



Ingredients

- 1 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1 teaspoon pumpkin spice (or allspice)
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 1 1/3 cups pumpkin puree
- 2 eggs
- 1/4 cup vegetable oil
- 1/4 cup unsweetened applesauce

Directions

1. **Preheat** oven to 350 degrees F. Paper-line or grease 12 muffin cups.
2. **Combine** flour, pumpkin pie spice (or allspice), cinnamon, baking soda, and salt in a large bowl. Combine sugar, pumpkin, eggs, oil, and applesauce in a large mixer bowl; beat until blended.
3. **Add** flour mixture to pumpkin mixture; stir just until moistened. Spoon batter in prepared muffin cups, filling them $\frac{3}{4}$ full.
4. **Bake** for 25 to 30 minutes or until wooden pick inserted in muffin centers comes out clean. Cool in pan on wire rack for 10 minutes; remove muffins from pan to wire rack to cool completely.
5. **Store** muffins in covered container or resealable plastic bags.



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