



Mini Pumpkin Muffins

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 24 servings | Serving Size: 1 mini muffin

Ingredients

- 1½ cups pureed pumpkin
- ½ cup canola oil
- ⅓ cup plain Greek yogurt
- 2 eggs
- ½ cup sugar
- 1 teaspoon vanilla extract
- 1½ cups flour (try using 1 cup whole-wheat flour and ½ cup white all-purpose flour)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon pumpkin pie spice
- ⅓ cup mini dark chocolate chips

Directions

1. Preheat the oven to 375°F.
2. In a mixing bowl, add the pureed pumpkin, oil, yogurt, eggs, sugar, and vanilla. Stir to combine.
3. In a separate mixing bowl, combine the flour, baking powder, baking soda, salt, and pumpkin pie spice. Whisk to combine.
4. Combine the wet and dry ingredients. Stir until combined.
5. Add the chocolate chips. Stir to combine.
6. Spoon the batter into a greased mini muffin tin, filling each cup about ¾ of the way full.
7. Bake for 15 minutes. To check if they are done, press lightly on each muffin. The muffin should spring back up when pressed.

Recipe Notes

- The recipe makes 12 regular sized muffins. Regular sized muffins will take about 22-25 minutes to cook.
- If you do not have pumpkin pie spice, a mix of any of the following spices will work: cinnamon, nutmeg, ginger, allspice.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 6 g | Saturated Fat: 1g
Sodium: 110 mg | Total Carbohydrate: 8 g | Dietary Fiber: 0.5 g | Protein: 2 g**

Submitted by Robin LaCroix RD, White River Junction VA
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