

## **Hearty Pumpkin Muffins**

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 12 servings | Serving Size: 1 muffin

## **Ingredients**

Nonstick cooking spray

1 cup all-purpose flour

1 cup whole-wheat flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

1 tablespoon pumpkin pie spice or ground cinnamon

34 cup packed dark brown sugar

⅓ cup canola oil or avocado oil

2 large eggs

1 cup canned pumpkin puree

34 cup lowfat (1%) milk

1 tablespoon vanilla extract

## **Directions**

- Preheat the oven to 400°F.
- 2. Coat a 12-cup muffin pan with nonstick spray. Set aside.
- 3. In a medium mixing bowl, whisk together the all-purpose flour, whole-wheat flour, baking powder, baking soda, salt, and pumpkin pie spice or cinnamon.
- 4. In a separate large mixing bowl, whisk together the brown sugar, oil, and eggs. Add the pumpkin puree, milk, and vanilla extract. Whisk to combine.
- 5. Gradually add the flour mixture to the pumpkin mixture, stirring gently just until combined.
- 6. Pour the batter into the prepared muffin pan, filling each cup all the way to the top.
- 7. Bake until a toothpick comes out clean when inserted into the center of the muffins, about 18-22 minutes.
- 8. Let cool in the muffin pan for 5 minutes, then transfer to a cooling rack. Serve warm or at room temperature.

## **Recipe Notes**

- Try adding the extra pumpkin puree to oatmeal, yogurt, or smoothies.
- If desired, add up to ½ cup of mix-ins such as walnuts, dried cranberries, or green pumpkin seeds (pepitas).

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 7.5 g | Saturated Fat: 1 g Sodium: 170 mg | Total Carbohydrate: 27 g | Dietary Fiber: 2 g | Protein: 4 g



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