Chocolate Chip Pumpkin Muffins

Prep: 15 minutes | Cook: 15-20 minutes | Total: 30-35 minutes

Yield: 12 servings | Serving Size: 1 regular-sized muffin or 2 mini muffins

Ingredients

Nonstick cooking spray

1 cup white whole-wheat flour

½ cup all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 teaspoon pumpkin pie spice or ground cinnamon

1¼ cups pumpkin puree (about three-quarters of a 15-ounce can)

½ cup sugar

2 eggs

⅓ cup canola oil

⅓ cup 2% fat plain Greek yogurt (can substitute nonfat if desired)

¼ cup mini semi-sweet or dark chocolate chips

Directions

1. Preheat the oven to 375°F.
2. Prepare a 12-cup (regular-size) muffin tin or mini muffin tin by spraying each cup with nonstick spray. Set aside.
3. In a medium mixing bowl, whisk together the whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, and pumpkin pie spice or cinnamon. Set aside.
4. In a separate medium mixing bowl, whisk together the pumpkin puree, sugar, eggs, oil, and yogurt.
5. Add the flour mixture to the pumpkin mixture, along with the chocolate chips. Fold together gently until just combined.
6. Fill the muffin tin cups three-quarters-full with the batter.
7. Bake until the muffins bounce back when gently pressed, about 20-22 minutes for regular-size muffins or 13-15 minutes for mini muffins.
8. Cool slightly, about 5 minutes, then remove from tin. Serve warm or place in an airtight container when completely cool. Keep at room temperature for 5-7 days or in the freezer for up to 3 months.

Nutrition Facts Per Serving: Calories: 185 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 220 mg | Total Carbohydrate: 24 g | Dietary Fiber: 1.5 g | Protein: 4 g

Submitted by Robin LaCroix, RD, CSO

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