



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
¾ cup packed dark brown sugar
⅓ cup canola oil or avocado oil
2 large eggs
1 cup canned pumpkin puree
¾ cup lowfat (1%) milk
1 tablespoon vanilla extract

Directions

1. 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**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs