



# Pumpkin Muffins

16 Servings • 1 Serving = 2 Mini Muffins

## INGREDIENTS

- 1  $\frac{3}{4}$  cups whole wheat flour
- 1 Tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 large eggs, beaten
- 1 cup low-fat milk
- $\frac{1}{3}$  cup brown sugar
- 1 cup unsweetened pumpkin puree
- $\frac{1}{4}$  cup canola oil
- 1 teaspoon vanilla

## DIRECTIONS

1. Preheat oven to 375°F. Grease a mini-muffin pan or line with paper liners.
2. In a large bowl, whisk together the flour, baking powder, salt, cinnamon, and nutmeg.
3. In a separate bowl, whisk together the eggs, milk, sugar, pumpkin puree, oil, and vanilla.
4. Add the egg mixture to the flour mixture. Fold in until just combined. Do not over mix. The batter should not be smooth.
5. Divide the batter among the muffin cups.
6. Bake until a toothpick inserted in 1 or 2 of the muffins comes out clean, about 10 minutes.
7. Let cool for 2-3 minutes before removing from the pan.

Nutrition Facts	
16 servings per container	
Serving size 2 mini muffins	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
Total Fat 4.5g	9%
Saturated Fat 0.5g	10%
Trans Fat 0g	0%
Cholesterol 25mg	50%
Sodium 190mg	38%
Total Carbohydrate 16g	32%
Dietary Fiber 2g	4%
Total Sugars 6g	12%
Includes 4g Added Sugars	8%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 50mg	10%
Iron 1mg	20%
Potassium 81mg	16%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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