

Pumpkin Muffins

Yield: 25
Serving Size: 1
Portion Size: 1 muffin
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Contributed By:

Tags: > Breakfast > Grains

Ingredients

>> 4 eggs
>> 2 cup(s) all purpose flour
>> 2 cup(s) whole wheat flour
>> 4 tsp(s) baking powder
>> 2 tsp(s) baking soda
>> 1 1/2 cup(s) brown sugar
>> 2 tsp(s) ground cinnamon
>> 1 tsp(s) ground ginger
>> 1 tsp(s) ground nutmeg
>> 1 tsp(s) salt
>> 2 cup(s) pumpkin puree
>> 2 tsp(s) vanilla extract
>> nonstick cooking spray
>> 1 cup(s) vegetable oil
>> 1 cup(s) raisins (optional)

Nutrition Facts

Serving Size 1 (1 muffin)

Amount Per Serving

Calories 210 Calories from Fat 90

% Daily Value *

Total Fat 10g 15%

Saturated Fat 1g 6%

Trans Fat 1g 0%

Cholesterol 30mg 10%

Sodium 267mg 11%

Carbohydrate 28g 9%

Dietary Fiber 2g 7%

Sugar 12g

Protein 4g 7%

Vitamin A 1% • Calcium 8%

Vitamin C 0% • Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Directions

>> 1. Preheat oven to 400°F.
>> 2. Lightly coat a 12 cup muffin pan with nonstick cooking spray or paper baking cups. Set aside.
>> 3. Whisk together the all purpose flour, whole wheat flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt. Set aside.
>> 4. In a large bowl, whisk together the pumpkin puree, brown sugar, vegetable oil, vanilla extract, eggs, and if desired, raisins.
>> 5. Pour the flour mixture into the wet mixture and stir with a spatula until just combined. Do not over mix.
>> 6. Distribute batter evenly into muffin cups.
>> 7. Bake for about 22-25 minutes or until golden brown.
>> 8. Remove from heat promptly and let muffins cool in the pan for 5 minutes before removing them.

Recommendations

>> *This recipe was contributed by United Neighborhood Houses in cooperation with the Children's Aid Society.