SHOPPING LIST

Mini Pumpkin Muffins

- ◯ Pumpkin Puree
- ◯ Sugar
- ◯ Canola Oil
- ◯ Eggs
- ◯ Flour
- ◯ Baking Powder
- ◯ Baking Soda
- ◯ Ground Cinnamon
- ◯ Kosher Salt
- ◯ Granny Smith Apples
- ◯ Apple Cider
- ◯ Light Brown Sugar

CUT

CUT

CUT

PBS KIDS GO!

FIZZY'S LUNCH LAB

Mini Pumpkin Muffins

VEGETARIAN	TIME	DIFFICULTY	MAKES
V		M	4
YES	Over 1 hour	Medium	Dozen Muffins

YOU WILL NEED

TO MAKE THE MUFFINS

- **1 ½ cups** canned pumpkin puree
- **1 cup** sugar
- **1 cup** canola oil
- **3** large eggs, room temperature
- **1 ½ cups** all-purpose flour
- **1 ½ teaspoons** baking powder
- **1 teaspoon** baking soda
- **½ teaspoon** ground cinnamon
- **½ teaspoon** kosher salt

TO MAKE THE APPLE BUTTER

- **6** Granny Smith apples, peeled, cored and chopped
- **1 ½ cups** apple cider
- **2 tablespoons** light brown sugar
- **½ teaspoon** ground cinnamon

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Adjust the oven rack to the middle position and heat the oven to 350˚. Place paper liners in 48 mini-muffin tins.

STEP 2: Whisk the pumpkin, sugar, oil and eggs in a large bowl until combined. Stir in the remaining ingredients. Fill the lined muffin tins with a tablespoon of batter.

STEP 3: Bake until the tops are golden brown, and a toothpick inserted into the center of the muffin comes out clean, about 20 minutes. Cool in the muffin tin for 5 minutes, then transfer to a wire rack and set aside to cool. Serve with Apple Butter.

TO MAKE THE APPLE BUTTER

STEP 1: Bring the apples and cider to a boil over high heat in a large saucepan. Lower the heat to medium and cook until the apples are tender, about 30 minutes. Set aside to cool for about 20 minutes.

STEP 2: Using an immersion blender, regular blender, or food processor, process the apple mixture until smooth. Return to the saucepan, add the sugar and cinnamon and cook until reduced by half, about 30 minutes. Cover and refrigerate up to two weeks.

Nutrition Facts

Serving Size 1 Muffin (24g)
Servings Per Container

Amount Per Serving		% Daily Value*
Calories 80	Calories from Fat 45	
Total Fat 5g		8%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 15mg		5%
Sodium 70mg		3%
Total Carbohydrate 8g		3%
Dietary Fiber 0g		0%
Sugars 4g		
Protein 1g		

Vitamin A 25% • Vitamin C 0%
Calcium 0% • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4