

Pumpkin Spice MUFFINS



Serves:
12 muffins



Total Time:
30 minutes



Estimated Cost:
\$0.30 per muffin

Ingredients

- 1 can (15 oz) pumpkin puree
- 2 eggs
- 1/3 cup oil or melted butter
- 1/2 cup brown sugar
- 1 teaspoon vanilla
- 1 1/2 cups flour (whole wheat works great)
- 1 teaspoon baking soda
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon each nutmeg and ginger
- Pinch of salt



Instructions

- 1 Preheat oven to 375°F and grease a muffin tin.
- 2 Whisk together the pumpkin, eggs, oil, sugar, and vanilla in one bowl.
- 3 In a second bowl, stir together the flour, baking soda, and spices.
- 4 Fold the dry ingredients into the wet until just combined. Do not overmix.
- 5 Fill muffin cups about three-quarters full and bake for 18 to 22 minutes, until a toothpick comes out clean.
- 6 Cool completely before storing or freezing.

