



Pumpkin Muffins

Serves: 30 | Serving Size: 1 muffin

Ingredients Needed:

- 2 cups all-purpose flour
- 2 cups whole wheat flour
- 1/2 cup nonfat dry milk
- 1 1/4 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2 1/2 teaspoons pumpkin pie spice
- 1 (15-ounce) can pumpkin
- 3/4 cup applesauce, unsweetened
- 1/2 cup vegetable/canola oil
- 4 eggs
- 1/2 cup water
- Nonstick cooking spray

Directions:

1. Preheat oven to 400°F.
2. Spray muffin tins for 30 muffins with nonstick cooking spray.
3. In a large bowl, mix both flours, non-fat dry milk, sugar, baking soda, salt, baking powder, and pumpkin pie spice.
4. In a second bowl, beat pumpkin, applesauce, oil, eggs, and water until blended.
5. Add pumpkin mixture to flour mixture and stir with a spoon just until moistened. Do not over mix.
6. Pour batter into muffin tins.
7. Bake muffins for 20 minutes, until a toothpick inserted into the middle comes out clean.
8. Cool on a rack and remove from pans after 10 minutes.
9. If not eaten right away, wrap the muffins in foil or a plastic bag and store in the freezer.