



EASY PUMPKIN MUFFINS

October 26

National Pumpkin Day

INGREDIENTS

- 1¾ Cups All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1½ Teaspoons Pumpkin Pie Spice (or cinnamon, nutmeg, and cloves)
- 1 Cup Canned Pumpkin Puree
- ½ Cup Granulated Sugar
- ½ Cup Brown Sugar (packed)
- ½ Cup Vegetable Oil or Coconut Oil
- 2 Large Eggs
- 1 Teaspoon Vanilla Extract
- ¼ Cup Milk

DIRECTIONS

1. Preheat your oven to 350° and line a 12-cup muffin tin with paper liners or lightly grease it.
2. In a large bowl, whisk together the flour, baking soda, baking powder, salt, and pumpkin pie spice (or cinnamon, nutmeg, and cloves). Set aside.
3. In another bowl, combine the pumpkin puree, eggs, vegetable oil, sugar, and vanilla extract. Use a whisk or a hand mixer to beat until the mixture is smooth and well combined.
4. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Avoid overmixing, as it can result in dense muffins.
5. Evenly divide the muffin batter among the 12 muffin cups, filling each cup about ⅔ full.
6. Bake for 18–22 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Allow muffins to cool in the tin for 5 minutes before transferring them to a wire rack to cool completely.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins