

PUMPKIN MUFFINS

This is an easy and healthier muffin recipe that can be served as a snack or for special occasions. The applesauce and pumpkin puree keep the muffins moist while avoiding the use of butter. The pumpkin in this recipe can be replaced with the same amount of mashed sweet potato as well.

YIELDS ABOUT 48 MUFFINS (2 DOZEN)

INGREDIENTS

5 cups whole wheat or all-purpose flour
1 cup rolled oats
8 teaspoons pumpkin pie spice
4 teaspoons baking soda
2 teaspoons baking powder
2 teaspoons salt
3 cups pumpkin puree
2 cups brown sugar
2 2/3 cup oil
1 cup applesauce
6 eggs
2 teaspoon vanilla extract

DIRECTIONS

1. Preheat oven to 350°F. Grease or line 48 muffin cups with paper liners.
2. Combine flour, oats, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl. Whisk pumpkin puree, brown sugar, vegetable oil, applesauce, eggs, and vanilla extract together in a separate large bowl. Stir flour mixture into pumpkin mixture and mix well.
3. Evenly distribute batter into prepared muffin tins.
4. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 12 to 18 minutes.