



Pumpkin Muffins



Start to finish time: 45 minutes

Number of servings: 12

Nutrition Facts

Serving size 1 muffin

Amount per serving
Calories **158**

% Daily Value*

Total Fat 5.7g	7 %
Saturated Fat 0.7g	4 %
Trans Fat 0g	
Cholesterol 35mg	12 %
Sodium 112mg	5 %
Total Carbohydrate 24g	9 %
Dietary Fiber 1.5g	5 %
Total Sugars 13g	
Includes 12g Added Sugar	24 %
Protein 3.8g	
Vitamin D 0.2mcg	1 %
Calcium 32mg	2 %
Iron 1mg	6 %
Potassium 95mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- ½ cup whole wheat flour
- ¾ cups all-purpose flour
- ½ cup light brown sugar, packed
- ¼ cup white sugar
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 2 large eggs
- ½ (15-ounce) can pure pumpkin puree
- ½ cup nonfat plain yogurt
- ¼ cup canola oil
- ½ teaspoon vanilla extract
- Non-stick cooking spray

DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit and gather and prepare ingredients.
2. Combine the dry ingredients in a large bowl.
3. In a separate medium sized bowl, combine the wet ingredients.
4. Carefully fold the wet ingredients into the dry, do not overmix.
5. Spray a muffin tin with non-stick cooking spray.
6. Using a ¼ cup measure, evenly scoop the batter into the muffin tin.
7. Place the muffins in the preheated oven and bake for 25-30 minutes or until a toothpick inserted in the center comes out clean.
8. Remove from the oven and allow to cool before serving. Enjoy!



STEP-BY-STEP DIRECTIONS:



Step 1

Preheat oven to 350 degrees Fahrenheit and gather and prepare ingredients.



Step 2

Combine the dry ingredients in a large bowl.



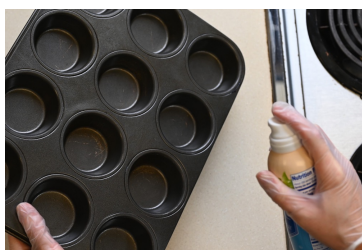
Step 3

In a separate medium sized bowl, combine the wet ingredients.



Step 4

Carefully fold the wet ingredients into the dry, do not overmix.



Step 5

Spray a muffin tin with non-stick cooking spray.



Step 6

Using a 1/4 cup measure, evenly scoop the batter into the muffin tin.



Step 7

Place the muffins in the preheated oven and bake for 25-30 minutes or until a toothpick inserted in the center comes out clean.



Step 8

Remove from the oven and allow to cool before serving. Enjoy!

SUBSTITUTIONS:

- You can substitute the pumpkin puree with 3/4 cup mashed bananas (about 2-3 bananas).
- Substitute the oil for applesauce for a healthier alternative.

MSU EXTENSION NOTES:

- These muffins can also be made into mini muffins using a mini muffin tin. Adjust the baking time to 22-25 minutes and use a tablespoon measure to portion out the batter.
- For a healthier option, only whole wheat flour can be used as opposed to half and half.

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