

Pumpkin Muffins

Canned pumpkin is packed with nutrients like vitamins A, C, E and K. It's also really yummy when baked with spices, which means it will be easy to get your child to eat their veggies when you make these muffins.

Makes 24 muffins, 15 minutes prep time, 15 minutes to bake

Ingredients

- 1 cup whole wheat flour
- 1 ½ cups white flour
- ½ cup rolled oats (or quick oats)
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon dry ginger
- ½ teaspoon allspice or cloves
- ½ teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt

- 1 ½ cups pumpkin puree (amount in one 15oz can)
- 2 very ripe bananas, mashed
- ½ cup brown sugar
- ½ cup white sugar
- 1/3 cup canola or vegetable oil
- ½ cup applesauce
- 3 eggs
- 1 teaspoon vanilla extract
- ¼ cup raisins

Instructions

1. Preheat the oven to 350 degrees F.
2. Mix dry ingredients (whole wheat flour, white flour, oats, cinnamon, nutmeg, ginger, allspice, baking soda, baking powder, salt) in a large bowl. Whisk well so there are no clumps. Make sure you mix the baking soda and powder in very well or you will have yucky clumps of baking soda & powder in your muffins.
3. Mix wet ingredients (pumpkin, bananas, sugars, oil, applesauce, eggs and vanilla) in a separate bowl or in a blender.
4. Make a well in the middle of the dry ingredients bowl. Pour the wet ingredients and raisins into the well.
5. Fold the ingredients gently (which means to stir carefully from top to bottom). Mix until just combined, the flour should just barely be mixed in. If you overmix your muffins will be rubbery.
6. Spray muffin cups with nonstick cooking spray. Fill muffin cups with batter.
7. Bake for 15 minutes, or until a knife inserted in the center of the middle muffin comes out clean.

