



Whole Grain Pumpkin Muffins

Prep time: 15 min

Cook time: 10-15 min

Makes: 16-18 muffins

INGREDIENTS

- 2 cups whole wheat flour
- 1 cup rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice
(OR 1 tsp cinnamon, 1/2 tsp ginger, 1/4 tsp cloves, and 1/4 tsp nutmeg)
- 1 cup buttermilk
- 3/4 cup pure pumpkin puree
- 1 cup brown sugar
- 1/3 cup vegetable or canola oil
- 1 egg
- 2 1/2 teaspoons vanilla extract

DIRECTIONS



Start with clean hands!

Wash your hands with soap and water.

1. Heat oven to 400° F.
2. In a large bowl, mix together the flour, oats, baking powder, baking soda, salt, and spices.
3. In a medium bowl, whisk together the buttermilk, pumpkin, sugar, oil, egg and vanilla.
4. Add the wet ingredients to the dry ingredients, mixing just until the ingredients are incorporated.
5. Spray muffin tin with non-stick cooking spray, or line with paper muffin liners. Evenly fill with the batter.
6. Bake for about 15 minutes, or until a toothpick inserted into the center of one of the muffins comes out clean.
7. Store leftover muffins in the freezer!

Pumpkin pie spice is a blend of different spices, like cinnamon and nutmeg. You can find it in the baking and spices aisle at the grocery store. It is often used in pumpkin pie and other desserts.



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