

Pumpkin Muffins

Preparation Time: 10 min.

Cooking Time: ~20 min.

Servings: 12

Ingredients

Amount	Ingredient	Cost – date:
1 ½ cups	all-purpose flour	
1 tsp	baking powder	
½ tsp	baking soda	
¾ tsp	Salt	
1 ½ tsp	ground cinnamon	
½ tsp	ground nutmeg	
¼ tsp	ground ginger	
¾ cup	white sugar (original recipe had 1 ¼ cups – too much)	
½ cup	vegetable oil *	
1 cup	canned pumpkin	
2	eggs, large	
¼ cup	apple juice or water	

Preparation:

1. Preheat oven to 350 degrees. Line a 12 cup muffin pan with paper liners.
2. In a large mixing bowl whisk together flour, baking powder, baking soda, salt, cinnamon, nutmeg and ginger for 20 seconds. Make a well in center of mixture and set aside.
3. In a separate mixing bowl whisk together sugar, oil, pumpkin, eggs and apple juice until well blended.
4. Pour pumpkin mixture into flour mixture and fold with a rubber spatula just until combined.
5. Divide batter among prepared muffin cups filling each nearly full.
6. Bake in preheated oven until toothpick inserted into the center comes out clean, about 20 – 25 minutes.
7. Let cool in muffin pan several minutes then transfer to a wire rack to cool completely. Store in an airtight container.

NOTES:

*¼ cup applesauce & ¼ cup vegetable oil can be used here instead of ½ cup oil if desired

These will double well as cupcakes too. You can top them with a cream cheese frosting.

Recipe source: www.cookingclassy.com

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