



Pumpkin Muffins Recipe

Total time to prepare and bake is 30 minutes. Makes 12 muffins.



Ingredients

- 6 tablespoons unsalted butter
- 1 cup canned pumpkin (not pumpkin pie filling)
- ½ cup honey or pure maple syrup
- ¼ cup milk dairy, almond, etc.
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon pumpkin pie spice
- 1 ½ cups white whole wheat flour
- ½ cup chocolate chips (I like to use chocolate chunks.)

Instructions

1. Preheat oven to 350°F. Spray a muffin tin and line with parchment liners.
2. Place butter in a large bowl. Melt in the microwave.
3. Add the pumpkin, honey or pure maple syrup, and milk to the bowl. Whisk to combine. Whisk in the eggs and vanilla extract.
4. Add the baking soda, baking powder, and salt and whisk until well combined. Whisk in the pumpkin pie spice.
5. Using a rubber spatula, mix in the flour and chocolate chips. Be careful to not over mix the batter.
6. Scoop batter into the prepared muffin pan (a large scoop makes this quick and easy). Add a few more chocolate chips to the tops of the muffins if desired.
7. Bake muffins for 15-18 minutes, until a tester inserted into the center of a muffin comes out clean. Let muffins cool in the pan for 10 minutes and then transfer to a wire rack to cool completely.
8. Muffins can be stored wrapped airtight at room temperature for up to 3 days or in the freezer for up to 3 months.