



Whole Wheat Pumpkin Applesauce Muffins

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

40 mins

Description

These pumpkinapplesauce muffins are perfect for those times when you have half a can of pumpkin left over. The muffins taste great right from the oven but are even better the next day if they last that long. Kids love them and it's a good way to sneak fruits, veggies, and fiber into their diets.

Ingredients

- - 2 cups whole wheat flour - 2 teaspoons pumpkin pie spice - 1 teaspoon baking powder - 1 teaspoon salt - ¼ teaspoon baking soda - ½ cup brown sugar
- firmly packed - ½ cup applesauce - ½ cup canned pumpkin - 2 large eggs
- slightly beaten - ½ cup white sugar - ½ cup buttermilk - ¼ cup canola oil - ¼ cup golden raisins (Optional) - ¼ cup chopped pecans (Optional)

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Grease a 12-cup muffin pan or line with paper liners. Whisk together flour
2. pumpkin pie spice
3. baking powder
4. salt
5. and baking soda in a medium bowl. Set aside. Combine brown sugar
6. applesauce
7. pumpkin
8. eggs
9. white sugar
10. buttermilk
11. and oil in a large bowl; mix until well blended. Stir in flour mixture until combined. Fold in raisins and pecans. Divide batter evenly into the prepared muffin pan. Bake in the preheated oven until the tops spring back when lightly pressed or until a toothpick inserted into the center of a muffin comes out clean
12. 15 to 20 minutes. Cool in the pan for 5 minutes before removing muffins to a wire rack. Tips If you don't have buttermilk on hand
13. add 1 teaspoon vinegar or lemon juice to 1/3 cup milk; let stand for 5 minutes before using in the recipe.