



COOKING: Powerhouse



Pumpkin Muffins!

KITCHEN GEAR :

- Mixing bowls
- Mixing spoons
- Measuring cups and spoons
- Can opener
- Muffin Tins (large if regular oven, small if conventional oven)
- Oven Mitts
- Kitchen Gear

INGREDIENTS :

- 2 cups white whole-wheat flour
- 1 teaspoon of baking powder
- ¼ teaspoon of baking soda
- 1 teaspoon of salt
- 2 teaspoons of cinnamon
- 2/3 cup of brown sugar, firmly packed
- ¼ cup of vegetable oil
- ½ cup of applesauce

- 1 cup of canned pumpkin
- 1/3 cup of milk
- 2 eggs, slightly beaten
- Non-stick cooking spray

INSTRUCTIONS :

1. Preheat oven to 400 degrees
2. Put brown sugar, vegetable oil, applesauce, canned pumpkin, milk, and eggs into a large mixing bowl and whisk together
3. Add flour, baking soda, salt and cinnamon, and stir thoroughly.
4. Coat the muffin tins with a non-stick cooking spray
5. With a tablespoon, scoop the muffin batter into the mini muffin tin.
6. Bake for 14-16 minutes, or until muffin tops spring back after you touch them
7. Let the muffins cool for a few minutes after taking them out of the oven and then enjoy as a healthy snack!