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 Mits  
• 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 wisk 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!