

Pumpkin Muffins

Yield 1 dozen

Dry Ingredients

- 1 cup all purpose flour
- ¼ cup whole wheat flour
- ¼ cup brown sugar
- 2 Tablespoon white sugar
- 1 ½ teaspoon salt
- 1 ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon cinnamon
- Pinch of clove and fresh nutmeg
- (Cinnamon Sugar for the top)

Wet Ingredients

- ½ stick unsalted butter – melted
- ¾ cup pumpkin puree (canned or roasted*)
- ¼ cup plain whole-milk yogurt
- 1 egg

Preheat oven to 350. Grease muffin tins.

Wisk together wet ingredients in a large bowl.

Wisk together dry ingredients in a separate bowl.

Add dry ingredients to the wet ingredients, stirring until just combined (take care not to over mix).

Scoop better into prepared muffin tins. Sprinkle with cinnamon sugar. Bake for 15-25 minutes or until a toothpick inserted into the middle of the muffin comes out clean.

Enjoy!

*Roasted Pumpkin – A note from Chef Nicole: When I roast pumpkin, I simply cut it in half, scoop out the seeds and lay it, cut side down, in a roasting pan. Pour in a splash of water, or apple cider, cover tightly and allow to bake at 350 degrees until soft (baking times will vary depending on the size of the pumpkin). Once the pumpkin has baked, allow to cool then scoop out the flesh and toss it in your food processor or blender (a blender will make for a smoother consistency) with some liquid (I like to use apple cider, but water or juice will also work).