

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Easy Pumpkin Muffins

One bowl, a whole can of pumpkin and warm cinnamon: these tender muffins make 18 at once, so there are always some in the freezer for busy mornings.

Makes 18 muffins | Serving: 1 muffin | About $0.30 per serving | 35 min

Ingredients

- 3/4 cup brown sugar
- 1 can (15 oz) pumpkin
- 1/2 cup oil (canola or vegetable)
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon baking powder
- 1 3/4 cups white flour

Method

1. Heat the oven to 375 F and line or grease 18 muffin cups.
2. Whisk the brown sugar, pumpkin and oil in a large bowl, then whisk in the eggs, cinnamon and vanilla.
3. Stir in the baking powder and flour just until no dry streaks remain.
4. Fill each cup with about 1/4 cup batter and bake 18 to 22 minutes, until a tester comes out clean.

Swaps: Nut-free as written. For more fiber, use 1 cup white flour plus 3/4 cup whole wheat flour. Add 1/3 cup chocolate chips for a treat.

Storage: Freeze in an airtight container; thaw in the fridge or warm in the microwave.

Nutrition Facts

Per serving (1 muffin)

Calories	**150**
Total Fat	7 g
Saturated Fat	1 g
Sodium	95 mg
Total Carbohydrate	21 g
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars	9 g
Protein	2 g
Calcium	64 mg
Iron	1 mg
Potassium	35 mg

Why it's good for you

- Pumpkin is a winter squash rich in beta-carotene, which the body converts to vitamin A for vision and immunity.[1]
- Swapping in some whole wheat flour adds whole-grain fiber.[2]
- Higher fiber intake is linked with lower risk of heart disease and type 2 diabetes.[3]

[1] NIH Office of Dietary Supplements: Vitamin A fact sheet, https://ods.od.nih.gov/factsheets/VitaminA-Consumer/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Whole Grains, https://nutritionsource.hsph.harvard.edu/whole-grains/ [3] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/pumpkin-muffins/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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