



# Pumpkin Muffins Recipe

Brought to You By [Free-Ebooks-Canada.com](http://Free-Ebooks-Canada.com)

If you would like to pass on this report please refer others to original download blog post.

These pumpkin muffins were made with fresh pumpkin puree, but you can use canned pumpkin if you prefer.

We use wheat flour and a little less sugar than most muffins, to make it a healthier breakfast accompaniment. And they're still delicious.

Or if you want to turn it into a more sinful treat, try serving with cream cheese icing. Divine!

### **Ingredients Needed:**

- 2 1/2 cups whole wheat flour
- 1/4 cup sugar
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cloves
- 1 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 cups fresh pumpkin puree
- 2 eggs
- 1/3 cup vegetable oil
- 1 tsp vanilla

Also, keep on hand measuring cups and spoons, a large and medium mixing bowl, whisk, large mixing spoon, ladle and 2 muffin pans.

**Serves:** Makes 24 muffins

### **Step 1: Preheat Oven**

Preheat your oven to 350 F.

### **Step 2: Grease the Muffin Pans**

Grease the muffin pans using oil or butter. If you prefer, use cooking spray, but make sure the muffin pans are greased or your muffins may stick.

### **Step 3: Combine the Dry Ingredients**

In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, cinnamon, cloves, nutmeg and salt.

#### **Step 4: Combine the Wet Ingredients**

In a medium mixing bowl, combine pumpkin puree, 2 eggs, vegetable oil and vanilla.

#### **Step 5: Mix All Ingredients**

Add the wet ingredients to the large bowl of dry ingredients. Stir until fully combined.

#### **Step 6: Bake**

Using a small ladle, fill the muffin tins with batter. Bake for about 20 minutes. Muffins are done when you press your finger lightly in the middle and the muffin springs back. If it stays in place, the muffins are not yet done.

## **Related Products**

[Metabolic Cooking](#)

[America's Favorite Restaurant Recipes](#)

[Paleo Cookbooks](#)

[Yummy Arts Membership](#)

[Best BBQ](#)

[350 Recipe Ideas for Busy People](#)