

Pumpkin Carrot Muffins



Photo: Stephanie Miezin

Ingredients

Muffins

1-1/2 cups white whole wheat flour
 2 tsp. pumpkin pie spice
 1 tsp. kosher/flaky salt
 1/2 tsp. baking powder
 1/4 tsp. baking soda
 1 egg
 1/2 cup pure pumpkin puree
 1/3 cup shredded carrots

1/2 cup sugar

1/4 cup applesauce

1/4 cup vegetable oil

2 tsp. fresh ginger, minced

Topping

1/4 cup pepitas

1-1/2 tsp. sugar

Prep Time 30 minutes

Servings 8 muffins

Difficulty



Nutrition

Per 1 muffin

240 calories

36g carbohydrates

4g protein

9g fat

2g fiber

333mg sodium

Dietary

Vegetarian

Source

Adapted from
BonAppetit.com

Directions

Whisk together the flour, spice, salt, baking powder and baking soda in a bowl.

In another bowl, whisk together the eggs, pumpkin, carrots, ginger, applesauce, and sugar. Slowly add oil, whisking continuously.

Add half of dry mixture to egg mixture. Fold to fully incorporate. Repeat with remaining dry mixture. Do not overmix.

Line muffin tins with papers. Evenly divide batter among tins. Sprinkle pepitas over batter, lightly pressing in if needed. Sprinkle sugar over muffins.

Bake at 350°F for 18-20 minutes, until a toothpick comes out clean in the middle. Can be stored at room temperature for a few days.

Notes

These seasonal muffins are packed with both flavor and great nutrition to fuel your morning. Pumpkins provide tons of beta-carotene, an antioxidant that fights inflammation and may help prevent diseases. White whole wheat flour provides the same lightness as white flour, but with all the health benefits of whole wheat flour. Find it in the baking aisle with the other flours.