

Spiced Pumpkin Muffins



COOK TIME: 15 Minutes



SERVING SIZE: 8 Servings



INGREDIENTS

- 1 ½ c + 3 tbsp all-purpose flour
- 1 ½ c + 3 tbsp whole wheat flour
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ¼ tsp salt
- 4 ½ tsp canola oil
- 1 ½ c pumpkin purée
(NOT pumpkin pie filling)
- 1 ¼ c skim milk
- 1 tbsp lemon juice
- 1 ½ tsp vanilla extract
- 12 packets Splenda Sweetener
- 2 tsp Truvia Sweetener



COURTESY OF: Chef Henry

INSTRUCTIONS

1

Preheat the oven to 325°F, and coat 12 muffins cups with nonstick cooking spray.

2

In a medium bowl, whisk together the all-purpose flour and next 7 ingredients (through salt). In a large bowl, mix together the oil, pumpkin, milk, lemon juice, and vanilla. Stir in the Splenda and Truvia. Add in the flour mixture, stirring just until incorporated.

3

Divide the batter between the prepared muffin cups, filling each to the brim. Bake at 325°F for 28-32 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan for 10 minutes before turning out onto a wire rack.

Note: If you don't have Truvia, you can substitute another 3-4 packets of Splenda. you can substitute ½ cup of Splenda Granulated Sweetener OR ¼ cup of Splenda Sugar Blend for the 12 packets of Splenda. For a vegan version, substitute your favorite non-dairy milk.

For best results, store in a zip-topped bag in the refrigerator once they've cooled completely.

