



# pumpkin muffins *with chocolate chips*

## SERVINGS

12 muffins

## TIME

20 minutes hands-on,  
40 minutes total

## INGREDIENTS

- 1 1/2 cup flour (we use white whole wheat)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg (optional)
- 1/2 teaspoon ginger (optional)
- 2 eggs
- 1/2 cup honey
- 1/3 cup melted butter
- 1/3 cup applesauce
- 1 cup pumpkin puree
- 1/2 cup semi-sweet chocolate chips

## DIRECTIONS

- Preheat the oven to 350°F and line a muffin tin with paper liners. Or, you can spray the tin with non-stick spray.
- In a large bowl, whisk together the dry ingredients: flour, baking soda, baking powder, salt, cinnamon, nutmeg (if using), and ginger (if using).
- Crack the eggs into a medium sized bowl and remove any shells. Add melted butter and honey and stir to combine.
- Add egg mixture to the flour mixture and stir with a spatula. Then add pumpkin and applesauce and stir with a spatula to combine. Stir in the chocolate chips.
- Use a large ice cream scoop or spoon to fill muffin cups with batter. Bake for 20 minutes, or until a toothpick comes out clean.

## EQUIPMENT

- Muffin tin + paper liners (optional)
- Medium bowl + whisk or fork
- Large bowl + spatula
- Liquid and dry measuring cups and measuring spoons
- Toothpicks

## TIPS TO INVOLVE THE KIDS

- Wash your hands!
- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Cut butter into small pieces before melting.
- If appropriate, have your child crack the eggs.
- Have your child measure out the ingredients, add them as directed, and stir.
- Help your child use a measuring cup to add batter to the muffin tins.

## EXTRA!

- Use a mini muffin tin and make mini Pumpkin Chocolate Chip Muffins!
- Double the recipe and freeze half in a large zip-top bag!

