

Pumpkin Chocolate Chip Muffins

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- Heat oven to 350°
- Spray muffin tins with nonstick spray or line with cupcake liners.
- Makes 2 dozen muffins, or 4+ dozen mini muffins.

Ingredients:

- 2 cups flour
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ground ginger (optional)
- $\frac{1}{4}$ teaspoon ground cloves (optional)
- $\frac{1}{4}$ teaspoon ground nutmeg (optional)
- 1 can pumpkin
- 2 eggs
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ cup (1 stick) butter, melted (let sit at room temp for a few minutes before adding to the wet mixture so it doesn't scramble the eggs)
- $\frac{1}{3}$ cup water
- 1 cup mini chocolate chips



Instructions:

- Mix all dry ingredients thoroughly in a large bowl
- Mix all wet ingredients (including pumpkin) in a separate bowl
- Make a well (see illustration) in the center of the dry ingredients, and add the wet ingredients all at once
- Gently fold the wet ingredients into the dry until thoroughly mixed
- Add chocolate chips and mix
- Spoon into prepared muffin tins (each should be $\frac{2}{3}$ full)
- Bake for 20 minutes or until they spring back when you press with your finger.



Ways to customize or healthify:

- Substitute **honey or maple syrup** for all or part of the sugar. If you do this, be sure to add it to the wet ingredients instead of the dry. This will change the texture, and you may need to add a little more flour to keep them from being too sticky.
- Use **applesauce or Greek yogurt** in place of all or part of the butter. Be sure to add these to the wet ingredients. This will change the texture of the muffins but decrease the fat/saturated fat.
- Add **nuts or raisins**.
- If baking with kids, reserve some of the chocolate chips and **let kids sprinkle them on top of the muffins** before baking.
- To add whole grain, decrease the flour to 1 cup and add **2 cups of oatmeal**.

Enjoy!

