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| **Whole Wheat Pumpkin-Applesauce Muffins** |   |

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| recipe image |

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| **Rated:**  | rating |

**Submitted By:** Julie**Photo By:** Tricia Jaeger

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| **Prep Time:** 20 Minutes**Cook Time:** 15 Minutes | **Ready In:** 40 Minutes**Servings:** 12 |

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"These muffins taste great right from the oven, but are even better the next day—if they last that long! Kids love them and it's a good way to sneak fruits, veggies, and fiber into their diets."

**Ingredients:**

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| 2 cups whole wheat flour1 teaspoon baking powder1/4 teaspoon baking soda1 teaspoon salt2 teaspoons pumpkin pie spice2/3 cup brown sugar, firmly packed1/3 cup white sugar | 3/4 cup applesauce1/2 cup canned pumpkin1/3 cup buttermilk2 eggs, slightly beaten1/4 cup golden raisins (optional)1/4 cup chopped pecans (optional) |

**Directions:**

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| **1.** | Preheat an oven to 400 degrees F (200 degrees C). Grease 12 muffin cups, or line the cups with paper muffin liners. |
| **2.** | Whisk together the flour, baking powder, baking soda, salt, and pumpkin pie spice; set aside. Combine the brown sugar, white sugar, oil, applesauce, pumpkin, buttermilk, and beaten eggs and mix until well blended. Pour the pumpkin mixture into the dry ingredients and stir until combined. Fold in the raisins and pecans, if desired. |
| **3.** | Divide the batter evenly in the prepared muffin pan. Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool the muffin pan on a wire rack for 5 minutes before removing the muffins from the pan. |

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