

Reckless In The Kitchen

Pumpkin Muffins

Ingredients:

- 2 eggs
- 1/2 c plain greek yogurt (2% or full fat)
- 1 c brown sugar
- 1 can (15 oz) pumpkin puree
- 2 grated carrots
- 1 c whole wheat flour
- 1 c all-purpose flour
- 2 tsp pumpkin pie spice
- 2 tsp cinnamon
- pinch of salt
- 1 tsp baking soda

Directions:

Preheat the oven to 350 degrees. In a mixing bowl sift together the whole wheat flour, all purpose flour, pumpkin pie spice, cinnamon, salt, and baking soda. Set aside.

In a separate mixing bowl use a whisk to beat the eggs until frothy and light in color. Next whisk in the yogurt until well combined followed by the brown sugar, whisking in 1/2 a cup at a time. Finally whisk in the pumpkin puree and grated carrots.

Now it is time to combine the dry and wet ingredients. Begin by adding a third of the dry ingredients to the wet. Use a spatula to gently fold the ingredients together until well combined. Once the mixture is homogenous, continue to fold in the remainder of the dry ingredients in a third at a time.

Finally using a 1/3 c measuring cup, scoop the batter into a lined muffin pan. This recipe yields 18-20 muffins. Bake for 20-25 minutes. When the muffins are finished a toothpick inserted into the center will come out clean.