

## Pumpkin Muffins

*Adapted from Shelburne Farms*

Makes 12 muffins

### Ingredients

3 cups flour  
1 cup sugar  
1 tablespoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg (optional)  
1/2 cup milk  
2 eggs  
1 can (15 ounce) pumpkin puree  
1/2 cup oil or melted butter



Photo credit: Pretty Simple Sweet website

### Instructions

Preheat oven to 400°F. Oil muffin tins or line with paper cups.

In a medium bowl, mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg (if using).

In a large bowl, whisk together milk, eggs, pumpkin, and oil or melted butter. Stir to combine.

Pour the dry ingredients into the wet ingredients, stirring until just blended. Spoon batter evenly into muffin tins, about 1/2 cup of batter each.

Bake for 20–25 minutes, or until a toothpick or butter knife comes out clean. Let muffins cool in tins for 10 minutes, then transfer to a wire rack to cool completely.

Note:

- To make the recipe gluten free, use a gluten-free flour blend in place of flour and ensure the baking powder is gluten free.
- To make the recipe dairy free, use a dairy-free milk alternative in place of milk, such as soy, almond, or oat beverages.