

## MOIST & TENDER PUMPKIN MUFFINS

Pumpkin puree is a fantastic ingredient to use in low fat and low sugar baking. Outside of its nutritive benefits (it has alpha and beta-carotene, Vitamins C and E, potassium, magnesium and is high in fiber) pure pumpkin puree adds moisture and a natural sweetness to many recipes.

Makes 12 muffins

- 1 cup whole wheat flour
- $\frac{2}{3}$  cup all-purpose flour
- 1  $\frac{1}{2}$  tsp baking powder
- 1 tsp baking soda
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp ground nutmeg
- $\frac{1}{4}$  tsp ground all-spice
- 1  $\frac{1}{2}$  cups pure pumpkin puree
- $\frac{2}{3}$  cup packed demerara or dark brown sugar
- $\frac{2}{3}$  cup buttermilk
- 2 egg whites
- 3 tbsp vegetable oil

Preheat the oven to 375°F and line a 12-cup muffin tin with large paper liners.

Stir the whole wheat flour, all-purpose flour, baking powder, baking soda, salt, nutmeg and all-spice in a large mixing bowl.

In a separate bowl, whisk the pumpkin, brown sugar, buttermilk, egg whites and vegetable oil. Pour the liquids into the dry mixture and stir just until blended. Spoon the batter into the muffin cups and bake for 20 to 25 minutes, until a tester inserted into the centre of a muffin comes out clean. Cool the muffins for 20 minutes before removing from the tin.

The muffins can be stored in an airtight container for up to 3 days or frozen. Do not refrigerate.

