

Pumpkin Chocolate Chip Muffins

Ingredients:

White flour	1 cup
Whole wheat flour	$\frac{3}{4}$ cup
Pumpkin pie spice*	2 teaspoons
Baking powder	1 $\frac{1}{2}$ teaspoons
Baking soda	1 teaspoon
Salt	$\frac{1}{2}$ teaspoon
Egg	1
Canned pure pumpkin (not pumpkin pie filling)	1 cup
Buttermilk (see tip box below to make your own)	$\frac{1}{2}$ cup
Sugar	$\frac{1}{2}$ cup
Butter or margarine, melted	$\frac{1}{4}$ cup
Vanilla	1 teaspoon
Carrots, grated	1 large
Chocolate chips	$\frac{1}{2}$ cup



*Instead of pumpkin pie spice, you can use $1\frac{1}{2}$ teaspoons cinnamon, $\frac{1}{4}$ teaspoon ginger and $\frac{1}{4}$ teaspoon nutmeg

Directions:

1. Preheat oven to 375°F.
2. In a large bowl, mix together white flour, whole wheat flour, pumpkin pie spice, baking powder, baking soda and salt.
3. In a medium bowl, beat egg. Stir in pumpkin, buttermilk, sugar, melted butter and vanilla. Mix in carrots.
4. Add wet ingredients to dry ingredients and stir together until just combined. (Do not over-mix, as it makes the muffins tough and dense.) Gently stir in chocolate chips.
5. Grease muffin tins or line with paper muffin cups. Spoon batter into muffin cups – each cup will be about $\frac{3}{4}$ full.
6. Bake for 20-22 minutes. To test if the muffins are done: Stick a fork or toothpick in the centre of a muffin and pull it out. If it comes out clean, the muffins are done.

Makes 12 muffins

Tips:

- To make $\frac{1}{2}$ cup buttermilk, mix together $\frac{1}{2}$ cup milk with $1\frac{1}{2}$ teaspoons vinegar. Let sit for 5 minutes.
- Offer leftover pumpkin puree to babies over 6 months! Or freeze leftover puree for up to 6 months.
- Stir in $\frac{1}{2}$ cup of chopped pecans or walnuts (when you add the chocolate chips) for a crunchy muffin!