



Pumpkin Gingerbread Muffins



Ingredients



Adapted from *ohsheglows.com*

1 Tbsp. chia seeds	1 2/3 cups flour
3 Tbsp. water	1 Tbsp. pumpkin pie spice
1 cup unsweetened pumpkin purée	1 tsp. baking soda
1/3 cup oil	1 tsp. baking powder
3 Tbsp. pure maple syrup	1/2 tsp. salt
1/2 cup brown sugar	1/2 cup nuts or seeds—optional (try walnuts, pecans, or pumpkin seeds)
1/4 cup molasses (any kind)	



Directions



Yield: 12 muffins **Serving size:** 1 muffin

Total cost: \$8.32 **Serving cost:** \$0.69

1. Preheat the oven to 350°F. Line a muffin pan with paper liners or grease it with a little oil.
2. In a medium bowl, whisk together the chia seeds and water. Set aside for a few minutes to thicken.
3. In a large bowl, whisk together the dry ingredients (flour, pumpkin pie spice, baking soda, baking powder, and salt).
4. In the same bowl as the chia mixture, whisk together the wet ingredients (chia mixture, pumpkin purée, oil, maple syrup, brown sugar, and molasses) until smooth.
5. Add the wet mixture to the dry ingredients and stir until just combined. The batter will be quite thick. If using, stir in the nuts or seeds. You can also reserve some for garnish on top, like in the photos.
6. Divide the batter equally between the 12 muffin liners. They should be about 3/4 full or a bit more. Add any reserved nuts or seeds on top and gently push down (optional).
7. Bake the muffins for 20 to 24 minutes until a toothpick comes out clean. Cool the muffins in the pan for 5 to 10 minutes, and then transfer each muffin onto a cooling rack until completely cool. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- The chia seeds and water can be replaced with 1 egg if desired.
- Try using 1 cup whole wheat flour + 2/3 cup white flour, or replace it all with whole wheat pastry flour.
- If you don't have maple syrup, simply increase the molasses to 1/3 cup.
- Pumpkin pie spice can be replaced with a blend of cinnamon, ginger, nutmeg, allspice, and cloves...or just use 1 tsp of cinnamon!

Nutrition Facts	
12 servings per container	
Serving size	1 muffin
Amount Per Serving	220
Calories	
	% Daily Value
Total Fat 9g	12%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 9g Added Sugars	18%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 1.98mg	10%
Potassium 235mg	4%
<small>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

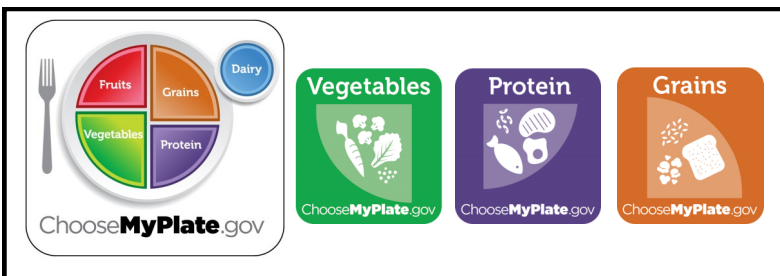
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