

# Pumpkin Walnut Muffins

**Ready In:** 35 minutes

**Serves:** 12

## Ingredients

2 cups whole wheat flour

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon pumpkin pie spice

15 ounces canned pumpkin

1/4 cup maple syrup

2 eggs

1 teaspoon vanilla extract

1/2 cup milk or non-dairy alternative

1/2 cup chopped walnuts



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## Directions

Preheat oven to 350°. In a small bowl, combine the flour, baking soda, salt, and pumpkin pie spice; mix well. In a large bowl, combine and whisk pumpkin puree, maple syrup, eggs, milk, and vanilla extract. Add the pumpkin mixture to the flour mixture and stir until combined. The batter will be thick, do not add water or over-stir. Add batter to a prepared muffin tin and fill each cup about 3/4 of the way full. Sprinkle each muffin with chopped walnuts. Bake for 20 minutes or until lightly browned on top and a toothpick inserted in the middle of the muffins comes out clean. Allow to cool and enjoy!



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## Fun Facts

- Six of the seven continents can grow pumpkins, including Alaska. Antarctica is the only continent that they won't grow in.
- Native Americans used pumpkin seeds for food and medicine.
- Pumpkins are high in vitamins A and C which help boost your immune system.



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