

Eye Healthy SPECIAL INGREDIENT PUMPKIN SPICE MUFFINS

MAKES 2 DOZEN



FEATURING

Carotenoids: betacarotene, lutein, and zeaxantin in Pumpkin.

Pumpkin spice is everywhere this fall! These 'Special Ingredient' Pumpkin Spice Muffins are delicious, nutritious and oh so versatile. They make for a healthy after school snack (with pumpkin seeds), a lunch box treat (with chocolate chips), or even a breakfast on the go (with raisins or chopped apple)! If you are looking for double spice try adding chopped crystallized ginger. Made with whole wheat flour and full of pumpkin these wholesome muffins are one of Autumn's comfort foods.

Pumpkin's brilliant orange colouring comes from the carotenoids betacarotene, lutein, and zeaxantin. Carotenoids are powerful antioxidants essential for eye health. Betacarotene helps you see in the dark. Lutein and zeaxantin prevent macular degeneration.



INGREDIENTS

- 1 cup sugar
- ½ cup canola or avocado oil
- 398ml pumpkin puree **you can roast and puree your own or use 1, 14-ounce can pumpkin puree (not pie filling)*
- 2 cups buttermilk **make your own by adding 2 tbsp vinegar or lemon juice to 2 cups milk; let sit for 5 min*
- 3 large eggs
- 2 cups whole wheat flour
- 1½ cups all-purpose flour
- 4 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 4 tsp cinnamon
- 2 tsp ground ginger
- 1 tsp nutmeg
- ½ tsp cloves

SPECIAL INGREDIENT (CHOOSE 1 OF):

- 1½ cups raisins
- 1½ cups chopped apple
- 1 cup chocolate chips
- 1 cup pumpkin seeds
- 1 cup crystallized ginger **photos show crystallized ginger*



METHOD

1. Preheat the oven to 375 degrees Fahrenheit. Prepare 2, 12-cup muffin pans by spraying with nonstick spray or use paper baking cups. Set aside.
2. In a medium bowl, mix sugar and vegetable oil together. Add eggs, mixing well after each addition. Add buttermilk and pumpkin. Mix well.
3. Add whole wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ground ginger, nutmeg, cloves. Mix just until combined.
4. Fold in your special ingredient.
5. Using a quarter cup measure, fill each muffin cup.
6. Bake 18-22 minutes until puffed and golden.