

# Pumpkin Muffins or Bread

- Easy way to add (or hide!) extra vegetables to your daily intake.
- Eat some today and freeze the rest for later. Remove from the freezer and thaw at room temperature or microwave for about 30 seconds per muffin. You can also wrap in foil and bake in a 350 degree oven for 10-15 minutes.
- Use plain pumpkin puree (2- 15oz. cans) instead of pie filling.
- Add 1 cup of chopped nuts, dried fruit or chocolate chips to the batter for an extra treat.
- You can also make 8 mini loaves in regular or disposable foil pans - bake for 38-42 minutes at 350 degrees.

## Nutrition Facts

24 servings per container

**Serving size** 1 muffin or 1/4 cup batter

Amount per serving

**Calories** 170

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 170mg 7%

**Total Carbohydrate** 28g 10%

Dietary Fiber 1g 4%

Total Sugars 13g

Includes 6g Added Sugars 12%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 41mg 4%

Iron 1mg 6%

Potassium 41mg 0%

\*The % Daily Value 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.

# Pumpkin Muffins or Bread

Servings: 2 loaves or 24 muffins Prep Time: depends on method

## Ingredients:

- 1 3/4 cups all-purpose flour
- 1 3/4 cup whole wheat flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 (30oz.) can pumpkin pie filling
- 1 Tablespoon ground cinnamon
- 1/2 cup unsweetened apple sauce
- 2 large eggs
- 1/2 cup vegetable oil

## Directions:

1. **Preheat** oven to 350 for bread or 400 degrees for muffins. **Spray** loaf pans or muffin tins with non-stick cooking spray (or use muffin cups).
2. In a large bowl **add** dry ingredients: flours, sugar, cinnamon, baking powder, baking soda and salt. **Whisk** together.
3. In a medium bowl **add** wet ingredients: pumpkin filling, oil, eggs and apple sauce. **Mix** together. **Pour** wet ingredients into dry ingredients and **mix** just until moist—do not overmix. (**fold** in add-ons here, if using)
4. **Divide** batter in half into loaf pans, or use a 1/4 measuring cup to **divide** batter into muffin tin.
5. **Bake** bread for 50–55 minutes or **bake** muffins for 16–18 minutes. Check for doneness by inserting a toothpick – when it comes out clean it is done.

Adapted from: <https://www.verybestbaking.com/recipes/140534/anyway-you-like-it-pumpkin-breads/?recipeBrand=libbys&recipeFoodType=pumpkin-pie-mix>

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Adapted by: Joy Goetz, MS, RD, LD, CHES