



Whole Wheat Pumpkin Blueberry Muffins

Recipe Source: www.melskitchencafe.com

Yield: 12-14 muffins

Ingredients:

- 1 2/3 cup whole wheat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp allspice
- 1 cup canned pumpkin puree
- 1/4 cup low-fat buttermilk
- 4 Tbsp canola oil
- 1/2 cup brown sugar
- 1 large egg
- 1 cup fresh or frozen blueberries

Steps:

- Preheat oven to 350°.
- In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, and allspice. Set aside.
- In another bowl, whisk together the pumpkin, buttermilk, canola oil, brown sugar, and egg until combined. Pour the dry ingredients into the center of the wet mixture and toss the blueberries right on top of the flour mixture.
- Using a rubber spatula or wooden spoon, fold the ingredients together gently but quickly just until combined. (Over-mixing causes muffins to be dense.) It's okay if the batter seems a little thick and slightly lumpy.
- Lightly grease a 12-cup muffin tin or line with paper liners. Fill the muffin cups 3/4 full and bake 20-25 minutes until the tops spring back lightly when touched gently with your finger.
- Remove the muffins from the tin and let cool completely on a cooling rack.

Tips from the Test Kitchen: If the blueberries tend to sink to the bottom of your muffins, try tossing the blueberries in the bowl of flour first before adding the flour and berries to the wet mixture.

Nutritional Facts (per serving): Calories: 155, Carbohydrates: 25 grams, Protein: 3 grams, Total Fat: 5 grams, Saturated Fat: 1 gram, Cholesterol: 14 mg, Sodium: 204 mg, Fiber: 3 grams, Total Sugars: 10 grams.