

Recipe

Pumpkin Muffins

INGREDIENTS:

1 cup whole wheat flour
1/2 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt
1 tsp. cinnamon
1/2 cup pumpkin purée
1/3 cup of coconut oil OR
melted butter
1/3 cup maple syrup
1 egg
1/4 cup milk (dairy OR dairy
alternative)

**Caution: Always check for allergies before
serving foods. Make substitutions as
needed.*

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DIRECTIONS:

Note: *Bake an orange seasonal treat with the children today! This recipe makes about 24 mini pumpkin muffins.*

Heat your oven to 350°F. Have children wash their hands and invite them to help place muffin liners in the muffin tin.

Bring out a large mixing bowl, whisk, and ingredients. Invite children to carefully smell the cinnamon and maple syrup. Draw their attention to the pumpkin purée. Do they recognize its color? Children can help measure the pumpkin purée, oil or melted butter, maple syrup, egg, and milk into the large bowl. Encourage them to take turns using the whisk to mix the ingredients.

Measure and add the flour, baking soda, baking powder, salt, and cinnamon to the bowl. These ingredients will make the batter much thicker, so offer children a spatula or mixing spoon to stir the ingredients.

Provide children with small spoons to help scoop the batter from the bowl into the prepared muffin tin. Bake for 12–14 minutes, or until golden. Let cool for at least 10 minutes before enjoying as a snack.

