



From the Kitchen of Executive Chef Jessica VanRoo

Pumpkin Chocolate Muffins

Serves 6, two muffins per serving

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Whole wheat flour not only boosts fiber, it increases satiety and lowers cholesterol and blood sugar. Semi-sweet chocolate chips, natural sweeteners agave syrup or maple syrup, and spices like cinnamon and nutmeg punch up the flavor without the calories of table sugar.

Total cost of recipe: \$4.28/ \$0.36 each

Ingredients

- 2/3 cup agave or maple syrup
- 1/4 cup coconut oil, melted
- 2 eggs, mixed (let kids crack in a small bowl to prevent shells in the batter)
- 3/4 cup canned pumpkin
- 1/4 cup water or milk
- 1 1/2 cups whole wheat flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup semisweet chocolate chips



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Instructions

1. Preheat your oven to 400 degrees. Prepare a 12-muffin tin with liners.
2. In a bowl, mix sweetener, oil and eggs. Add pumpkin and water or milk. (Let kids whisk wet ingredients together.)
3. In a separate bowl, mix baking flour, baking soda, baking powder, spices and salt. (Let kids whisk dry ingredients together to break up any large lumps.)
4. Add wet mixture into the dry ingredients, then stir in chocolate chips.
5. Fill muffin cups 2/3 full with batter. (Let kids spoon the batter into the muffin cups.)
6. Bake in preheated oven for 20 to 25 minutes. Cool for several minutes before serving.