

APPLE PUMPKIN PIE MUFFINS

MAKES: 18 regular-sized muffins (or 60 mini muffins)

INGREDIENTS

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 Tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 2 eggs
- 1 can (15oz) pumpkin puree
- 1/2 cup vegetable oil
- 4 small apples, finely chopped (~2 cups diced)

*To make a pumpkin pie spice blend, mix together 2 teaspoons ground cinnamon, 1/2 teaspoon ground nutmeg, 1/2 teaspoon ground ginger, and 1/4 teaspoon ground cloves.

APPLE PUMPKIN PIE MUFFINS

MAKES: 18 regular-sized muffins (or 60 mini muffins)

INGREDIENTS

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 Tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 2 eggs
- 1 can (15oz) pumpkin puree
- 1/2 cup vegetable oil
- 4 small apples, finely chopped (~2 cups diced)

*To make a pumpkin pie spice blend, mix together 2 teaspoons ground cinnamon, 1/2 teaspoon ground nutmeg, 1/2 teaspoon ground ginger, and 1/4 teaspoon ground cloves.

APPLE PUMPKIN PIE MUFFINS

MAKES: 18 regular-sized muffins (or 60 mini muffins)

INGREDIENTS

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 Tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 2 eggs
- 1 can (15oz) pumpkin puree
- 1/2 cup vegetable oil
- 4 small apples, finely chopped (~2 cups diced)

*To make a pumpkin pie spice blend, mix together 2 teaspoons ground cinnamon, 1/2 teaspoon ground nutmeg, 1/2 teaspoon ground ginger, and 1/4 teaspoon ground cloves.

APPLE PUMPKIN PIE MUFFINS

MAKES: 18 regular-sized muffins (or 60 mini muffins)

INGREDIENTS

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 Tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 2 eggs
- 1 can (15oz) pumpkin puree
- 1/2 cup vegetable oil
- 4 small apples, finely chopped (~2 cups diced)

*To make a pumpkin pie spice blend, mix together 2 teaspoons ground cinnamon, 1/2 teaspoon ground nutmeg, 1/2 teaspoon ground ginger, and 1/4 teaspoon ground cloves.

DIRECTIONS

Preheat the oven to 350°F. In a large bowl, mix together flour, sugar, pumpkin pie spice, and baking soda. In a separate bowl, mix together eggs, pumpkin puree, and oil. Add the pumpkin mixture to flour mixture and stir until well blended. Then add the chopped apples and mix well.

Lightly grease muffin cups or use paper liners. Spoon batter into muffin cups. Bake until a toothpick or knife comes out clean when inserted in the middle of a muffin.

For regular sized muffins: Bake for about 30 to 35 minutes.

For mini muffins: Bake for about 15 to 20 minutes.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Preheat the oven to 350°F. In a large bowl, mix together flour, sugar, pumpkin pie spice, and baking soda. In a separate bowl, mix together eggs, pumpkin puree, and oil. Add the pumpkin mixture to flour mixture and stir until well blended. Then add the chopped apples and mix well.

Lightly grease muffin cups or use paper liners. Spoon batter into muffin cups. Bake until a toothpick or knife comes out clean when inserted in the middle of a muffin.

For regular sized muffins: Bake for about 30 to 35 minutes.

For mini muffins: Bake for about 15 to 20 minutes.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Preheat the oven to 350°F. In a large bowl, mix together flour, sugar, pumpkin pie spice, and baking soda. In a separate bowl, mix together eggs, pumpkin puree, and oil. Add the pumpkin mixture to flour mixture and stir until well blended. Then add the chopped apples and mix well.

Lightly grease muffin cups or use paper liners. Spoon batter into muffin cups. Bake until a toothpick or knife comes out clean when inserted in the middle of a muffin.

For regular sized muffins: Bake for about 30 to 35 minutes.

For mini muffins: Bake for about 15 to 20 minutes.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Preheat the oven to 350°F. In a large bowl, mix together flour, sugar, pumpkin pie spice, and baking soda. In a separate bowl, mix together eggs, pumpkin puree, and oil. Add the pumpkin mixture to flour mixture and stir until well blended. Then add the chopped apples and mix well.

Lightly grease muffin cups or use paper liners. Spoon batter into muffin cups. Bake until a toothpick or knife comes out clean when inserted in the middle of a muffin.

For regular sized muffins: Bake for about 30 to 35 minutes.

For mini muffins: Bake for about 15 to 20 minutes.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428

