My Recipe Notes:

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Pumpkin Dark Chocolate Muffins

Who doesn't love homemade muffins? Just the thought of bringing out a batch from the oven makes me want to grab one, curl up on my couch with blanket and a warm cup of tea! Although muffins may sound like a healthy option, most boxed mixes contain unfamiliar ingredients and several recipes call for lots of added butter and sugar. My recipe for Pumpkin Dark Chocolate Muffins uses whole food ingredients and has less sugar and fat than similar versions out there. Ingredients like pure pumpkin puree adds a high dose of immune-boosting Vitamin A, pure applesauce adds natural sweetness, and a mix of white and whole wheat flours adds fiber and boosts folic acid and iron contents. Let's not forget about dark chocolate! Not only does it add flavor, but flavanols from the cacao offers antioxidant benefits that may help lower blood pressure and help make blood platelets less sticky and able to clot. Enjoy!

Recipe submitted by: Christy Wilson, RDN
Recipe from: www.christywilsonnutrition.com

Tell us what you think!
#UALifeWork
Pumpkin Dark Chocolate Muffins 🍁🍂

Serves: 32 muffins  
Cook time: 10 minutes  
Ready in 28 minutes

Recipe submitted by: Christy Wilson, RDN  
Recipe from: www.christywilsonnutrition.com

Tell us what you think!  
#UALifeWork

Ingredients

- 2 eggs
- 1/3 cup egg white (or 4 egg whites)
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1 can (15 ounces) 100% pure pumpkin
- 1 cup applesauce
- 1/4 cup canola oil
- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 cups (12 ounces) dark chocolate chips (60% or more cacao)
- *Optional: 1/4 cup walnut piece

Directions

1. Preheat oven to 400° F.
2. In a large bowl, beat eggs, egg whites, sugar, brown sugar, pumpkin, applesauce and oil until smooth.
3. In a separate mixing bowl, combine flours, baking soda, baking powder, cinnamon, nutmeg and salt.
4. Gradually add flour mixture to pumpkin mixture and stir until moistened. Fold in chocolate chips.
5. Fill greased or paper-lined muffin cups about three-fourths full with batter. Tap pan on counter a few times to remove any air bubbles. (Optional: Sprinkle with walnut pieces.)
6. Bake muffins at 400° F for 15-18 minutes or until a wooden pick inserted in centers comes out clean.
7. Cool in pans on wire racks for about 10 minutes. Transfer muffins from molds to wire racks to cool completely. Store muffins in covered container or resealable plastic bags.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (56g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 150</td>
<td>250</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat: 2.5g</td>
<td>13%</td>
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<tr>
<td>Trans Fat: 0g</td>
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<tr>
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<tr>
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<td>Total Carbohydrate:21g</td>
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<tr>
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<tr>
<td>Vitamin A 35%</td>
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<tr>
<td>Calcium 2%</td>
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<tr>
<td>Iron 8%</td>
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</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calorific: 2,000  
Fat: 25g  
Carbohydrate: 2,500  
Protein: 50g