



Perfect Pumpkin Spice Muffins



1/12th of recipe (1 muffin): 106 calories, 2g total fat (0.5g sat. fat), 233mg sodium, 23g carbs, 3g fiber, 1g sugars, 4g protein

Prep: 20 minutes **Cook:** 20 minutes

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Ingredients

1 1/2 cups whole-wheat flour
1/2 cup all-purpose flour
2 tsp. baking powder
1 1/2 tsp. pumpkin pie spice
1 1/2 tsp. cinnamon
1/2 tsp. baking soda
1/4 tsp. salt
1 cup canned pure pumpkin
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/3 cup Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)
1/4 cup light whipped butter or light buttery spread
1/4 cup unsweetened vanilla almond milk
2 tsp. vanilla extract
Optional topping: powdered sugar

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, combine both types of flour, baking powder, pumpkin pie spice, cinnamon, baking soda, and salt. Mix well.

In a medium-large bowl, combine all remaining ingredients. Whisk until uniform.

Transfer contents in the medium-large bowl to the large bowl, and stir until just mixed. (Batter will be thick.)

Evenly distribute batter into the muffin pan, and smooth out the surfaces.

Bake until a toothpick inserted into the center of a muffin comes out clean, 16 - 18 minutes.

MAKES 12 SERVINGS

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