

Perfect Pumpkin Chocolate Chip Muffins

Ingredients

- 1 can (15 oz.) pureed pumpkin
- 1 1/2 cups flour (I use white whole wheat, but all-purpose is fine)
- 3/4 cup packed brown sugar
- 3 tablespoons ground flax seeds
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/3 cup vegetable oil (I use avocado oil)
- 1/3 cup water
- 2 eggs
- 1 teaspoon vanilla extract
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 cup mini chocolate chips

Instructions

Preheat the oven to 400°F. Lightly grease the cups in a muffin tin or line them with cupcake liners.

Place the pumpkin, flour, and brown sugar in a large mixing bowl. Stir together. Add the flax seed, cinnamon, nutmeg, ginger, salt, vegetable oil, water, eggs, and vanilla extract. Stir together. Add the baking powder, baking soda, and chocolate chips. Stir until just combined.

Spoon into the muffin cups until they are nearly full. Bake for approximately 18 minutes (a toothpick inserted into the center of a muffin should come out clean). Yield: 12 muffins.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.



Nutrition Facts

Serving size: 2 muffins

Servings: 6

Amount per serving

Calories **422**

% Daily Value*

Total Fat 13.2g **17%**

Saturated Fat 7g **35%**

Cholesterol 61mg **20%**

Sodium 257mg **11%**

Total Carbohydrate 68.1g **25%**

Dietary Fiber 5.9g **21%**

Total Sugars 34.9g

Protein 8.9g

Vitamin D 5mcg **26%**

Calcium 219mg **17%**

Iron 5mg **27%**

Potassium 656mg **14%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**