

Pumpkin Chocolate Chip Muffins

Time: 30 minutes (20 minutes cooking time)

Servings: makes approx. 12 muffins

Equipment: 1 large bowl (dry ingredients), 1 small bowl (wet ingredients), large spoon (for stirring), muffin tin & liners

- ½ (16 ounce) can pumpkin (~2 cups)
- 1/3 cups non-fat greek yogurt
- 1 cup sugar
- 1 tsp. vanilla extract
- ⅓ cups vegetable oil
- ¼ cup water
- 3 cups whole grain flour
- 1 Tbsp. baking soda
- 1 Tbsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. salt
- 2 dark chocolate bars or ½ cup chocolate chips

Preheat oven to 400 degrees.

1. Beat Greek yogurt, sugar, pumpkin, vanilla, and oil together until smooth.
2. Mix dry ingredients (flour, baking soda, baking powder, salt, and cinnamon) in a separate bowl and fold into wet ingredients.
3. Break chocolate bars into small chip-sized chunks and fold into batter.
4. Pour batter into lined muffin tins.
5. Bake for 15-20 minutes.

