



One-Bowl Fall Muffins

The children enjoyed these during our Halloween celebration. Even the youngest of children can pour flour from a measuring cup, stir in the bowl, and even grate carrots (under the watchful eye of an adult). The pumpkin and carrots add texture and moisture, and can be substituted for equal parts shredded zucchini, bananas, and applesauce.

Dry Ingredients

1 $\frac{3}{4}$ cups whole wheat pastry flour (or 2 cups unbleached white)
 $\frac{1}{2}$ cup sugar
1 tsp baking soda
1 tsp baking powder
2 pumpkin pie or apple pie spice

Stir all dry ingredients. Make a “hole” in the center of the bowl and add the wet ingredients below.

Wet Ingredients

$\frac{1}{2}$ cup canola oil
1 egg
1 cup shredded carrots
 $\frac{1}{2}$ can pumpkin
 $\frac{1}{2}$ to $\frac{3}{4}$ cup juice or milk

Mix until just combined, then pour into sprayed muffins tins. Bake at 350 degrees for 25-28 minutes for regular muffins, 15 minutes for the mini. Let cool in tin then remove to cooling rack for full cooling. Can be stored in the freezer for up to two months.

Enjoy!