DR. AMY SOTO’S FAMOUS PUMPKIN CHOCOLATE CHIP MUFFINS

Original recipe at:

- 1 (15 ounce) can pumpkin puree
- 3 eggs
- 1/2 cup vegetable oil
- 1/2 cup applesauce
- 2/3 cup water
- 2 cups brown sugar
- 3 1/2 cups white whole wheat flour (available from King Arthur or Trader Joes) or all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 3/4 teaspoon ground ginger
- 1 cup chocolate chips

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Prepare 2 muffin pans (24 muffins).

2. In a large bowl, mix together pumpkin puree, eggs, oil, applesauce, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves, ginger and chocolate chips. Stir the dry ingredients into the pumpkin mixture until just blended. Scoop into the prepared pans.

3. Bake for about 20-25 minutes in the preheated oven. Muffins are done when toothpick inserted in center comes out clean.