

## PUMPKIN AND SPICE AND EVERYTHING NICE

(Adapted from "The Looneyspoons Collection")

Makes: 12 muffins

1-1/4 cups	all-purpose flour
1/2 cup	wheat bran or whole wheat flour
2 tsp	pumpkin pie spice *
1-1/2 tsp	baking powder
1 tsp	baking soda
1/2 tsp	salt
1 cup	canned pure pumpkin (not pumpkin pie filling)
1/2 cup	plain low-fat yogurt
1/2 cup	pure maple syrup or liquid honey
1/4 cup	butter, melted
1	egg
1 cup	finely grated carrots
1/2 cup	mini semi-sweet chocolate chips (or raisins)
1/2 cup	chopped walnuts or pecans



1. Preheat oven to 375°F. Spray a 12-cup muffin pan with cooking spray or line with muffin cups and set aside.
2. In a large bowl, combine flour, wheat bran (or whole wheat flour), pumpkin pie spice, baking powder, baking soda and salt. Set aside.
3. In a medium bowl, whisk together pumpkin, yogurt, maple syrup, butter, egg and vanilla. Stir in carrots. Add wet ingredients to dry ingredients and stir using a wooden spoon just until moistened. Fold in chocolate chips (or raisins) and walnuts. Batter will be thick.
4. Divide batter evenly among 12 muffin cups. Bake for 20-22 minutes, or until a wooden pick inserted in center of muffin comes out clean. Cool on a wire rack.

\* Pumpkin spice substitute: 1-1/2 tsp ground cinnamon, plus 1/4 tsp each ground ginger & ground nutmeg.