



Pumpkin Chocolate Chip Muffins

Ingredients:

2 cups all purpose flour

1 1/2 cups sugar

2 teaspoons baking soda

1 teaspoon each of ground spices: cinnamon, cloves, nutmeg and ginger

1 teaspoon salt

1 15 oz. can pure pumpkin (unseasoned)

4 eggs

1/2 cup oil

1/2 cup applesauce or 1/4 cup + 2 tablespoons vanilla non-fat yogurt

1 12 oz. bag chocolate chips

Instructions:

Preheat oven to 350 degrees. Mix the flour, sugar, baking soda, salt and spices in a large mixing bowl. Add the wet ingredients and mix thoroughly. Fold in the chocolate chips. Add batter to a greased 12 muffin tin. This recipe will make approximately 16-18 large muffins, 12 large and 12 mini muffins, or 1 bundt cake. Bake for approximately 25 minutes for large muffins, or until a toothpick comes out clean when inserted. Mini muffins will only take about 15 minutes. A cake will take 45 minutes to 1 hour.