

Mini Pumpkin Muffins

Show #140
from Debra Freed

Ingredients:

3 cups all-purpose flour
½ cup applesauce
1 ¼ cups white sugar
1 ½ teaspoons salt
4 teaspoons baking powder
1 teaspoon ground nutmeg
1 (15 ounce) can pumpkin puree
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground allspice, or more to taste
1 cup milk
4 egg whites

Directions:

Preheat an oven to 375 degrees. Grease 48 mini-muffin cups or line with paper muffin liners.

Stir all the ingredients together in a large mixing bowl until everything is just moistened; pour into prepared muffin cups.

Bake in the preheated oven until golden and the tops spring back when lightly pressed, or about 15 minutes. Allow to cool completely on a wire rack before serving.