

# Freezer-friendly Pumpkin Muffins

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- Prep time: 15 minutes
- Cook time: 20-22 minutes
- Total time: 35-40 minutes



**No nuts | No eggs | No milk | No fish | No sesame**

## Ingredients:

- 1 cup soy milk\*
- 1 teaspoon apple cider vinegar
- 3 cups all-purpose flour
- ½ cup whole wheat flour
- 1¼ cups sugar
- 2 teaspoons baking soda
- 1 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¾ cup canola oil
- 15-ounces canned pumpkin

**Contains wheat (flour) and soy (soy milk).**

**Chocolate chips may contain milk or soy, if using check labels and compare brands.**

Allergy-friendly Substitutions:

- **No wheat:** use wheat-free/gluten-free all-purpose flour blend
- **No soy:** use cow's milk (contains milk) or allergy-friendly alternative

\*May substitute cow's milk for soy milk

## Instructions:

1. Wash hands with soap and warm water. Preheat oven to 350°F. Place liners in muffin tins or use non-stick cooking spray. Gather remaining ingredients and supplies.
2. Combine milk and vinegar. Stir and set aside.
3. In a large mixing bowl, combine flours, sugar, baking soda, baking powder, salt, cinnamon, and ginger.
4. Add canola oil and mix until evenly distributed into dry ingredients.
5. Gradually mix in milk to batter. Gently beat in pumpkin until evenly combined.
6. Use a ¼ cup measurer to spoon batter into prepared muffin tins.
7. Bake at 350°F for 20-22 minutes (28-30 minutes for jumbo muffins) or until a wooden toothpick inserted near the center of a muffin comes out clean. Cool muffins in pans on wire racks for 10 minutes; remove from pans to finish cooling.