

Not My Mom's Pumpkin Muffins

Ingredients

3 cups wheat flour (or 3 1/2 c all-purpose flour)
1 3/4 cups sugar
2 tsp baking soda
1 tsp Kosher salt
1 tsp cinnamon
1 tsp nutmeg (about 1/3 fresh clove freshly grated)
1 15-oz can pumpkin
1/2 cup water
4 eggs
3/4 cup coconut oil (or 1 c vegetable oil)
1 tsp vanilla



Directions

1. Preheat oven to 350°F. Grease and flour pans.
2. In a medium bowl, sift together the dry ingredients (flour through nutmeg).
3. In the bowl of your standing mixer (or in a large bowl), mix pumpkin and water on a low speed. Add in eggs one at a time. Slowly drizzle in melted coconut oil. Add vanilla.
4. Slowly blend the dry ingredients into the wet ingredients. (I like to do it in three batches.)
5. Bake in the preheated oven.
 - Loaf pan: 50-60 minutes
 - Mini loaves: 30 minutes
 - Muffins: 20-25 minutes
 - Mini muffins: 17-23 minutes

Notes

- I like to melt the coconut oil, but then you need to be careful adding it in to the wet ingredients, so you don't scramble your eggs!
- You can make it in a standing mixer. I used to do it all by hand, but it's a lot of batter and gets pretty tiring!
- You can freeze the muffins for 3 months.
- If making a half batch, use these measurements:
1 1/3 c wheat flour (1 1/2 c all-purpose flour), 1 c sugar, 1 tsp baking soda, 1/2 tsp salt, 1/2 tsp cinnamon, 1/2 tsp nutmeg, 1/3 c oil, 1/4 c water, 2 eggs, 1 c pumpkin, 1/2 tsp vanilla