yield: 30 standard muffins

**INGREDIENTS**

- 2 cups whole wheat flour
- 2 tsp cinnamon
- 1 tsp ginger
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{2}$ tsp salt
- 1 tsp baking soda
- 2 tsp baking powder
- 2 eggs
- ¾ cup sugar
- $\frac{1}{2}$ cup melted butter
- $\frac{1}{3}$ cup fresh orange juice
- 2 cups pumpkin puree
- Pumpkin seeds for decoration

**Vegan Version:**

- 1 Tbsp flax seeds ground with
- 3 Tbsp of water
- $\frac{1}{3}$ cup olive oil
- (omit eggs and butter)

**METHOD**

Preheat oven to 350 degrees.

In a small bowl, measure the dry ingredients except the sugar and whisk together to combine.

In a large bowl, whisk the eggs and then add the sugar. Whisk together for 2 minutes till light in color. Slowly pour in the butter and juice then whisk for 3 more minutes.

Whisk in the pumpkin puree.

With a rubber spatula, gently fold the dry ingredients into the egg mixture and mix together just until combined.

Prepare your muffin pans with butter and flour or paper liners. You may also use other types of pans, such as loaf or cake rounds, if you prefer.

Fill muffin cups a little more than half way to the top. Sprinkle with pumpkin seeds.

Bake 15-20 minutes until done. Larger pans will take longer.

Have an adult touch the top of the muffin gently. If it springs back, the muffins are done.