

Pumpkin Chocolate Chip Muffins

Freeze-Dried Pantry

This recipe makes about 32 muffins



Ingredients

72 grams freeze-dried pumpkin puree
4 tbsp freeze-dried egg powder
3 1/2 cups all-purpose flour
2 tsp baking soda
3 tsp ground cinnamon
3 tsp pumpkin pie spice
1/2 tsp ground ginger
1 tsp salt
1 cup vegetable oil (or melted coconut oil)
1 cup granulated sugar
2/3 cup brown sugar
1/2 cup milk
2 cups chocolate chips

This recipe uses some pre-freeze-dried ingredients to make muffins

Directions:

1. Preheat oven to 425°F and either spray muffin tins, or line with cupcake liners
2. In a small mixing bowl, weigh out 72 g of freeze dried pumpkin puree, stir in roughly 690 g of water (you will want 3 cups of rehydrated pumpkin puree when you are done, depending on pumpkin variety your rehydration calculation may be different) let sit.
3. In a small bowl, add 4 tbsp of freeze dried egg powder & 4 tbsp of cold water. Whisk together, let sit.
4. In a large mixing bowl combine flour, soda, cinnamon, pumpkin pie spice, ginger, and salt. Set aside.
5. In a separate mixing bowl combine the oil, sugars, pumpkin, egg, and milk.
6. Slowly add the wet ingredients to the dry ingredients and mix.. Batter will be slightly lumpy.
7. Add chocolate chips and mix
8. Spoon the batter into liners filling $\frac{3}{4}$ to all the way full.
9. Bake for 5 minutes at 425°F then reduce the oven temp to 350°F and continue baking for an additional 16-17 minutes, or until done.
10. Allow muffins to cool for 5 minutes before enjoying.
11. Cover tightly and store at room temperature for up to 1 week.

Nutritional Value Per 1 muffin

Calories: 222 Carbohydrates: 30 g Protein: 2 g Fat: 10 g Fiber: 1 g Sugar: 18 g