Pumpkin Cornbread Muffins

**Ingredients:**
1 ¼ cup of yellow cornmeal
1 cup of whole wheat flour
2 tbsp baking powder
½ tsp cinnamon
½ tsp salt
¾ cup of pumpkin puree
1 cup of milk
2 eggs
¼ cup of pure maple syrup
2 tbsp avocado oil or melted butter

**Directions:**
1. Preheat oven to 400F.
2. In a large bowl, combine dry ingredients: yellow cornmeal, whole wheat flour, baking powder, cinnamon, and salt.
3. Whisk in wet ingredients: pumpkin puree, milk, eggs, maple syrup, and avocado oil. Continue to stir until there are no clumps in the mixture.
4. Scoop batter into 12-cup muffin tin. Muffin tin should be about ¾ full.
5. Place in oven and bake for 17-20 minutes. Let cool, then enjoy!

**Nutrition Tips:**
1. Adding pumpkin to your traditional cornbread recipe makes them light and fluffy and a tasty carbohydrate source for autumn events!
2. Pumpkin is rich in fat soluble vitamins including vitamin C and A, both of which attribute to a strong and healthy immune system heading into fall.
3. Pumpkin is also relatively low in calories despite being packed with vitamins, minerals, and fiber

**Source:**
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