



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## Pumpkin Cornbread Muffins

### Ingredients:

- 1 ¼ cup of yellow cornmeal
- 1 cup of whole wheat flour
- 2 tsp 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:

Emily Collins is soon-to-be Registered Dietitian (RD) working with Home Base RD, Nicolette Maggiolo. Emily is completing her graduate nutrition degree and dietetic internship through Boston University.