



## Perfect Pumpkin Spice Muffins



1/12th of recipe (1 muffin): 106 calories, 2g total fat (0.5g sat. fat), 233mg sodium, 23g carbs, 3g fiber, 1g sugars, 4g protein

**Prep:** 20 minutes    **Cook:** 20 minutes

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

1 1/2 cups whole-wheat flour  
1/2 cup all-purpose flour  
2 tsp. baking powder  
1 1/2 tsp. pumpkin pie spice  
1 1/2 tsp. cinnamon  
1/2 tsp. baking soda  
1/4 tsp. salt  
1 cup canned pure pumpkin  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/3 cup Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)  
1/4 cup light whipped butter or light buttery spread  
1/4 cup unsweetened vanilla almond milk  
2 tsp. vanilla extract  
Optional topping: powdered sugar

### Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, combine both types of flour, baking powder, pumpkin pie spice, cinnamon, baking soda, and salt. Mix well.

In a medium-large bowl, combine all remaining ingredients. Whisk until uniform.

Transfer contents in the medium-large bowl to the large bowl, and stir until just mixed. (Batter will be thick.)

Evenly distribute batter into the muffin pan, and smooth out the surfaces.

Bake until a toothpick inserted into the center of a muffin comes out clean, 16 - 18 minutes.

**MAKES 12 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

