**Pumpkin and Spice and Everything Nice**

Pumpkin spice muffins with chocolate chips

310 mL flour

125 mL whole wheat flour or wheat bran

7 mL cinnamon

1 mL ground ginger

1 mL nutmeg

7 mL baking powder

5 mL baking soda

2 mL salt

250 mL canned pure pumpkin (not pumpkin pie filling)

125 mL plain low fat yogurt

125 mL pure maple syrup or liquid honey \*

60 mL margarine, melted

1. egg

5 mL vanilla

250 mL finely grated carrots

125 mL chocolate chips

1. To substitute for 125 mL liquid honey, combine 155 mL sugar and 30 mL water.
2. Preheat oven to 375 F. Spray muffin tin with cooking spray and set aside.
3. In a large bowl, combine flour, whole wheat flour, cinnamon, ginger, nutmeg, baking powder, baking soda and salt. Set aside.
4. In a medium bowl, combine pumpkin, yogurt, honey (or substitute), margarine, egg and vanilla. Stir in carrots.
5. Make a well in the dry ingredients. Add wet ingredients into dry ingredients all at once. Stir with a fork until just moistened. Gently fold in chocolate chips. Batter will be thick.
6. Divide batter evenly among 12 muffin cups. Bake for 20-22 minutes or until a wooden pick inserted in center of muffin comes out clean. Cool in pan for 10 minutes before removing.