

## Apple Pumpkin Cheddar Muffins



### Ingredients

1 cup pumpkin purée

3 Tbsp. sour cream

2 large eggs

3 Tbsp. melted butter, cooled

1/4 cup applesauce

2 cups all-purpose flour

1-1/2 tsp. baking powder

1 tsp. salt

1/2 tsp. freshly ground black pepper

1/2 tsp. cinnamon

1/2 cup firmly packed dark brown sugar

1/2 cup diced apple

1-1/4 cups grated sharp cheddar cheese, divided

2 Tbsp. pumpkin seeds (optional)

## **Directions**

Preheat oven to 400° F. Lightly coat a standard 12-cup muffin pan with vegetable spray. Spread the oil evenly along the bottom and sides of each cup using a paper towel or pastry brush. Set aside.

Whisk pumpkin and sour cream together in a mixing bowl. Add eggs, butter and applesauce; whisk well and set aside.

Measure flour, baking powder, salt, black pepper, cinnamon and brown sugar into a separate large mixing bowl; whisk until combined. Make a well in the middle of the dry ingredients, pour the wet ingredients into the well, and fold just until no streaks of flour can be seen. Fold in diced apple and 1 cup of cheese.

Scoop out batter using an ice cream server and dispense into a muffin cup. Repeat this process until all cups are filled. Sprinkle remaining cheese and pumpkin seeds on top of the muffins.

Bake 15 to 20 minutes, or until golden brown. Let cool in pan on a wire rack for 10 minutes before serving.