

Prep time: 15 minutes | Cook time: 20 minutes | Total time: 35 minutes

Difficulty / Intensity: Easy (Beginner-Friendly)

Yield: 12 standard muffins

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The Ultimate Soft & Spiced Pumpkin Muffins

When autumn arrives, nothing transforms a kitchen faster than the warm, comforting aroma of baked pumpkin and sweet ground spices. These pumpkin muffins deliver a incredibly tender, tender-crumbs texture, deep spice warmth, and a rich pumpkin flavor that keeps them soft and moist for days.

Whether you enjoy them warm out of the oven with a dab of melted butter, alongside your morning coffee, or as an afternoon pick-me-up, this recipe guarantees a bakery-style high dome and a bakery-worthy crumb every single time. By balancing pure pumpkin puree with a blend of cinnamon, nutmeg, ginger, and cloves, these muffins showcase the absolute best of seasonal fall baking without requiring any complicated techniques or special equipment.

Equipment Needed

- 12-cup standard muffin tin
- Paper muffin liners (or non-stick cooking spray)
- Medium mixing bowl
- Large mixing bowl
- Whisk and silicone spatula
- Standard ice cream scoop or large spoon (for even portioning)
- Wire cooling rack

Ingredients

Dry Ingredients

- 1 $\frac{3}{4}$ cups (210g) all-purpose flour (spooned and leveled)
- 1 teaspoon baking soda (ensures a tall, fluffy rise)
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon fine sea salt
- 1 $\frac{1}{2}$ teaspoons ground cinnamon
- 1 teaspoon pumpkin pie spice (or $\frac{1}{2}$ tsp nutmeg, $\frac{1}{4}$ tsp ginger, $\frac{1}{4}$ tsp ground cloves)

Wet Ingredients

- 1 cup (245g) pure pumpkin puree (canned pure pumpkin, not pumpkin pie mix)
- $\frac{1}{2}$ cup (100g) granulated sugar
- $\frac{1}{2}$ cup (100g) packed light brown sugar
- $\frac{1}{2}$ cup (120ml) neutral vegetable oil (such as canola, melted coconut oil, or avocado oil)

- 2 large eggs (at room temperature)
- 1 teaspoon pure vanilla extract
- 2 tablespoons (30ml) milk (whole milk or non-dairy milk)

Optional Coarse Sugar Topping

- 1 ½ tablespoons coarse sparkling sugar or turbinado sugar (for a crunchy bakery-style top)
- *Optional add-ins:* ½ cup mini chocolate chips or chopped pecans

Step-by-Step Instructions

Step 1: Prep & Pre-heat

1. Position an oven rack in the center position and preheat your oven to 425°F (218°C).
(Starting at a high temperature creates an initial burst of steam that lifts the batter rapidly, producing high, rounded muffin tops).
2. Line a 12-cup standard muffin tin with paper liners or lightly grease each cup with non-stick cooking spray.

Step 2: Combine Dry Ingredients

1. In a medium bowl, whisk together the all-purpose flour, baking soda, baking powder, salt, cinnamon, and pumpkin pie spice.
2. Whisk thoroughly for about 30 seconds to distribute the leavening agents and spices evenly throughout the flour. Set aside.

Step 3: Mix the Wet Ingredients

1. In a large bowl, whisk together the pure pumpkin puree, granulated sugar, brown sugar, and vegetable oil until smooth and combined.
2. Add the eggs one at a time, whisking well after each addition until fully incorporated.
3. Stir in the vanilla extract and milk until you have a smooth, glossy liquid base.

Step 4: Fold the Batter

1. Pour the dry ingredient mixture into the wet ingredients.
2. Switch to a silicone spatula and gently fold the mixture together using light, circular strokes just until no pockets of dry flour remain.

3. *Crucial Tip:* Do not overmix the batter. Overworking wheat flour develops gluten, which leads to dense, rubbery muffins rather than a light, tender crumb. If adding chocolate chips or nuts, gently fold them in during the last few turns of the spatula.

Step 5: Fill and Top

1. Divide the batter evenly among the 12 muffin cups. They should be filled almost to the top rim (about $\frac{4}{5}$ full).
2. Sprinkle the tops evenly with coarse turbinado sugar for a subtle crunch and professional appearance.

Step 6: Bake with Dual-Temperature Intensity

1. Place the muffin tin into the preheated oven at 425°F (218°C) and bake for 5 minutes.
2. Without opening the oven door, lower the oven temperature to 350°F (177°C) and continue baking for another 13 to 15 minutes.
3. Check for doneness by inserting a toothpick into the center of a middle muffin. It should come out clean or with a few moist crumbs attached (no wet batter).

Step 7: Cool and Serve

1. Remove the tin from the oven and set it on a wire cooling rack for 5 minutes.

- Carefully lift the muffins out of the tin and place them directly onto the wire cooling rack to finish cooling. Serving them warm reveals their fluffy texture, but letting them cool completely settles the full depth of pumpkin spice flavor.

Storage & Freezing Instructions

- **Room Temperature:** Store cooled muffins in an airtight container lined with a paper towel at room temperature for up to 4 days. The paper towel absorbs excess moisture and keeps the tops from becoming soggy.
- **Refrigeration:** Refrigerate in an airtight container for up to 7 days. Reheat in a microwave for 10 seconds before serving to restore freshness.
- **Freezing:** Wrap individual cooled muffins tightly in plastic wrap, then place them in a zip-top freezer bag. Freeze for up to 3 months. Thaw overnight in the refrigerator or at room temperature for 1–2 hours.

Nutritional Information

Serving size: 1 muffin (approx. 75g)

Servings per recipe: 12

Nutrient	Amount per Serving
Calories	215 kcal
Total Fat	10 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	31 mg

Nutrient	Amount per Serving
Sodium	180 mg
Total Carbohydrate	29 g
Dietary Fiber	1.5 g
Total Sugars	16 g
<i>(Includes Added Sugars)</i>	<i>(14 g)</i>
Protein	3 g
Vitamin D	0.2 mcg
Calcium	25 mg
Iron	1.2 mg
Potassium	85 mg