



## November 24- Thanksgiving Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=484894>

### Recipe

*Ingredients:*

- 1 ½ cup all-purpose flour
- ½ cup quick oats
- ½ cup chopped pecans
- 1 teaspoon baking powder
- 2 teaspoon pumpkin pie spice
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup canned pumpkin
- 2 eggs
- ½ cup honey
- 1/3 cup apple juice
- ¼ cup canola oil

*Directions:*

1. Preheat oven to 375°F. Spray muffin tin with non-stick cooking spray.
2. Sift flour, baking powder, pumpkin pie spice, baking soda and salt. Add oats and the pecans; blend together.
3. In a separate bowl mix pumpkin and eggs well. Add honey, apple juice and oil; continue mixing until well mixed.
4. Combine pumpkin mixture and flour mixture; mix until well moistened.
5. Pour batter into muffin cups. Bake 25 minutes, or until golden brown.

Yields 12 serving

Nutrition Facts	
Serving Size 1 cup (287.24g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	4%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> <5mg	1%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 5g	19%
Sugars 34g	
<b>Protein</b> 5g	<b>10%</b>
Vitamin A 25%	Vitamin C 80%
Calcium 25%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	