



## November 28- Cranberry Pumpkin Muffins

*Not Smart Snack*

Link:

### **Recipe**

*Ingredients:*

- 2 cups flour
- $\frac{3}{4}$  cup sugar
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{3}{4}$  teaspoon allspice
- $\frac{1}{3}$  cup vegetable oil
- 2 egg, large (large)
- $\frac{3}{4}$  cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

*Directions:*

1. Preheat oven to 400°F.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake for 15 to 30 minutes.

Yields 12 servings

### **Nutrition Facts**

Serving Size 1 muffin (101.71g)  
Servings Per Container 12

**Amount Per Serving**

**Calories** 220      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 1g      **6%**

Trans Fat 0g

**Cholesterol** 30mg      **10%**

**Sodium** 120mg      **5%**

**Total Carbohydrate** 34g      **11%**

Dietary Fiber 5g      **21%**

Sugars 13g

**Protein** 4g      **9%**

Vitamin A 60%      •      Vitamin C 10%

Calcium 8%      •      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.