



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.