



October 14- Pumpkin Spice Muffins

Smart Snack

Link: No link, Dining with Diabetes recipe

Recipe

Ingredients:

- 1¼ cups whole-wheat flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon baking soda
- 2 eggs, beaten
- 1 cup pumpkin puree (canned pumpkin for pie filling)
- 3-4 Tablespoons sucralose based non-nutritive sweetener
- ½ cup unsweetened applesauce
- 2 Tablespoons canola oil

Directions:

1. Preheat oven to 375°F.
2. Mix together flour, baking powder, cinnamon, nutmeg, and baking soda in a medium bowl.
3. Combine remaining ingredients in a large bowl. Slowly add dry ingredients to the large bowl and fold ingredients together until blended. Do not over mix.
4. Pour the batter into 18 non-stick muffin cups (or use paper liners) and bake for about 22 minutes, or until done.
5. Remove muffins from pan and let cool completely.

Yield 18 muffins

Nutrition Facts	
Serving Size: 1 serving (37.3g)	
Servings: 1	
Amount Per Serving	
Calories 60	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 20mg	7%
Sodium 135mg	6%
Potassium 75mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 2g	
Vitamin A 45%	• Vitamin C 2%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	