



Pumpkin Millet Mini Muffins

WET INGREDIENTS

$\frac{2}{3}$ cup canola oil
1 cup honey
4 eggs
1 can pumpkin puree
 $\frac{1}{2}$ cup hot water
2 tsp vanilla extract

DRY INGREDIENTS

3 $\frac{1}{2}$ cups whole wheat flour
2 tsp pumpkin pie spice
1 tsp salt
2 tsp baking soda
1 cup millet, rinsed and dried

DIRECTIONS

1. Preheat oven to 400 degrees F
2. Line muffin tins and spray with cooking oil, if desired
3. *Wet ingredients:* In a large bowl, bet oil and honey. Add eggs and beat well, then pumpkin water, and vanilla. Set aside.
4. *Dry ingredients:* In a medium bowl measure flour, spice, salt, and baking soda. Mix well.
5. Add dry ingredients and millet to wet and stir until mixed
6. Portion into muffin tins
7. Optional: top with a cinnamon and sugar mixture.
8. Bake mini muffins for 12-14 minutes (18-20 for regular size)
9. 9. Let cool for 5 minutes before removing from pan. Enjoy!



EXTENSION

NUTRITION & FOOD SAFETY
RECIPE OF THE MONTH
NOVEMBER

Nutrition Facts

Serving Size: 2 muffins (45g)

Servings Per Container: 40

Amount Per Serving

Calories 130 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 130mg **5%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 2g

Vitamin A 35% • Vitamin C 0%

Calcium 2% • Iron 4%