

Pumpkin Cranberry Muffins

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

- 2 cups all-purpose flour
- 3/4 cup sugar
- 1 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1 cup pumpkin puree
- 1 large egg, lightly beaten
- 1/4 cup canola oil
- 1 cup nonfat milk
- 1 cup fresh cranberries, chopped



Preparation:

Preheat oven to 350 degrees. Coat a muffin pan with nonstick cooking spray. In a large bowl, combine flour, sugar, baking soda, salt, cinnamon, ginger and nutmeg. Combine pumpkin, beaten egg, oil and milk in a medium bowl. Make a well in dry ingredients; add pumpkin mixture and stir until just combined. Fold in chopped cranberries. Fill muffin cups and bake for 22-25 minutes.

Makes 12 muffins

Per Muffin: Calories 193, Calories from Fat 48, Total Fat 5.2g (sat 0.4g), Cholesterol 18mg, Sodium 171mg, Carbohydrate 32.6, Fiber 1.7g, Protein 3.6g