

PUMPKIN-CRANBERRY MUFFINS

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 medium muffin

Nutrition (per serving)

Calories: 240

Total Carbohydrate: 30

Total Fat: 11 g

Dietary Fiber: 3 g

Saturated Fat: 1.5 g

Protein: 4 g

Sodium: 160 mg

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup sugar
- 1 cup finely chopped nuts
- 2 tsp baking powder
- 1 tsp cinnamon
- 1 cup dried cranberries
- 1/2 tsp baking soda



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1/2 tsp salt
4 eggs, beaten lightly
1 (15oz) can 100% pure pumpkin
1/2 cup vegetable oil
1/4 cup low-fat milk

Directions

1. Preheat the oven to 350°F.
2. Coat 18 medium size or 12 large muffin cups with vegetable oil spray.
3. Whisk together the flour, whole wheat flour, sugar, nuts, baking soda, baking powder, cinnamon, and salt in a large bowl.
4. In a separate bowl, combine the eggs, pumpkin, oil, and milk.
5. Add to the dry mixture along with the dried cranberries and stir to combine.
6. Bake for about 25 minutes (large) or 20 minutes (medium) or until a wooden toothpick inserted in the middle comes out clean.