

Recipe of the Month:

Pumpkin Spice Muffins

A favorite of Peggy Robinson

Makes 10 to 12 muffins

2 cups whole wheat pastry flour

1/2 cup sugar

1 Tbsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1/2 tsp. cinnamon

1/4 tsp. nutmeg

1 15-ounce can solid-pack

pumpkin OR 2 cups mashed yams or squash

1/2 cup water

1/2 cup raisins



Preheat the oven to 375°F. Mix the flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add the pumpkin, water, and raisins, and stir until just mixed.

Lightly oil-spray muffin cups and fill to the top. Bake 25 to 30 minutes, until the tops of the muffins bounce back when pressed lightly.

Let stand 1 to 2 minutes, before removing from the pan. When cool, store in an airtight container in the refrigerator.

Per muffin: 137 calories (0% from fat);

3 g protein; 31 g carbohydrate; 0 g fat;

128 mg sodium; 0 mg cholesterol

[Back to Recipes](#)