Pumpkin Muffins

This tasty treat is a great source of vitamin A for healthy skin and eyes.

Serves 18

Ingredients

Muffins:
- Cooking spray
- ¼ cup canola oil
- ½ cup honey
- 2 eggs
- 1 cup pumpkin purée
- ½ cup plain non-fat yogurt
- 2 teaspoons vanilla extract
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 teaspoons pumpkin pie spice
- 2¼ cups whole wheat pastry flour
- ¾ cup raisins
- ½ cup walnut pieces (optional)

Topping:
- ½ cup old-fashioned oats
- 1 tablespoon whole wheat pastry flour
- 1 tablespoon canola oil
- 2 teaspoons honey
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 325 degrees and grease openings of your muffin tin with cooking spray.
2. In a large bowl, add all the wet ingredients and beat well.
3. In a separate bowl, add all the dry ingredients except raisins and walnuts and mix with a fork until well combined.
4. Slowly add the dry mix to the wet mix, stirring gently with a large spoon, just until combined.
5. Fold in raisins and walnuts, if using.
6. In a small bowl, mix all the topping ingredients together with a fork until crumbly.
7. Divide the batter evenly between the muffin cups, then sprinkle each muffin with topping.
8. Bake for 22 to 27 minutes, or until muffins spring back when tapped.
9. Remove from oven and cool in the muffin tin for at least 10 minutes before removing.
10. Enjoy immediately!

Nutrition Facts

Serving Size 1 Muffin
Servings Per Recipe 18

Amount Per Serving

Calories 190   Calories from Fat 60

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 4g	

Vitamin A 45%	•	Vitamin C 2%
Calcium 6%	•	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
    Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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