



# Pumpkin Muffins



2 cups flour  
 2 teaspoons baking powder  
 1 teaspoon baking soda  
 1 teaspoon ground cinnamon  
 ½ teaspoon ground ginger  
 ½ teaspoon salt

2 cups pumpkin puree  
 2 eggs  
 ½ cup brown sugar  
 1 teaspoon vanilla  
 ¼ to 1/3 cup raisins, optional  
 ½ cup chopped pecans or walnuts

## Preparation:

Directions for Pumpkin Muffins

Into a large bowl, sift flour, baking powder, baking soda, cinnamon, ginger, and salt. Toss lightly with a fork. In a separate bowl, combine pumpkin, eggs, brown sugar, and vanilla; stir well.

Make a well in center of dry ingredients; pour in pumpkin mixture. Add raisins, if using, and chopped pecans; stir just until ingredients are moistened. Do not over mix. Line 12-cup muffin tin with paper liners or grease well and dust with flour. Fill them about 2/3 full with the pumpkin muffins batter and bake at 400° for 20 minutes. Remove pumpkin muffins and cool. Makes 12 pumpkin muffins or 24 mini muffins.

<b>Nutrition Facts</b>	
Serving Size (44g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 90</b>	<b>Calories from Fat 20</b>
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	0%
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 1g	5%
Sugars 6g	
<b>Protein 2g</b>	
<b>Vitamin A 60%</b>	<b>Vitamin C 2%</b>
<b>Calcium 4%</b>	<b>Iron 6%</b>
*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
<b>Calories per gram:</b>	
Fat 9 • Carbohydrate 4 • Protein 4	