

# Pumpkin Party Muffins

Tastes great anytime of year!



Level: Medium

Makes: 12

## Kids' Tool Kit

Muffin pans  
Cooking spray  
Hot pads  
Large and medium bowl  
Spoon  
Cookie scoop  
Rubber spatula  
Measuring spoons  
Measuring cups  
Wire rack

## Chef's Choice

Pumpkin Party Muffins  
Low fat milk

## Ingredients:

2 cups all-purpose flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
¾ teaspoon pumpkin pie spice  
1 cup canned pumpkin  
½ cup sugar  
⅓ cup low fat milk  
¼ cup vegetable oil  
1 large egg  
½ teaspoon grated orange peel  
½ cup raisins



## Directions:

**Remember to wash your hands!**

1. Preheat oven to 400 degrees.
2. Spray muffin pan cups or use paper liners.
3. In a large bowl, combine flour, baking powder, baking soda, salt and pie spice. In another bowl, whisk pumpkin, sugar, milk, oil, egg, orange peel until smooth. Add raisins.
4. Stir pumpkin mixture into dry ingredients just until combined.
5. Spoon into prepared pans and bake 20 minutes or until done.
6. Remove from pan and cool on wire rack.



**Helpful Hints:** Teach kids an easy way to fill muffin cups. Using a cookie scoop or ice cream scoop is less messy. For variety, use a mini-muffin tin. This recipe will make about 36 mini-muffins, and they need to bake for about 10 minutes.



**Safety Tips:** This recipe contains a raw egg. Remember to explain to kids that raw eggs can make us sick. This is especially true for young children - so no licking the bowl or spoon! Wait until cupcakes are baked before sampling!

## Nutrition Facts

Serving Size 1 muffin (71g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 1g	6%
Sugars 13g	
<b>Protein 3g</b>	
Vitamin A 60%	Vitamin C 2%
Calcium 4%	Iron 4%
*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	

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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