

Pumpkin Party Muffins

Tastes great anytime of year!

12 servings

Ingredients:

2 cups all-purpose flour	1/2 cup sugar
2 teaspoons baking powder	1/3 cup low fat milk
1/2 teaspoon baking soda	1/4 cup vegetable oil
1/2 teaspoon salt	1 large egg
3/4 teaspoon pumpkin pie spice	1/2 teaspoon grated orange peel
1 cup canned pumpkin	1/2 cup raisins

Directions:

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.

Nutrition Facts: One muffin provides 180 calories, 5g total fat, 0mg cholesterol, 250mg sodium, 32g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

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Low fat milk

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