

# Pumpkin Spice Muffins

Source: Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

These muffins make a great-tasting, low-fat fall snack!

## About the Recipe

**131 Calories • 3 g Protein • 4 g Fiber**

**Snack**

**Nut-free**

## Ingredients

***Makes 10 to 12 Servings***

- 2 c (240 g) whole-wheat flour or whole-wheat pastry flour
- 1/2 c (101 g) sugar
- 1 tbsp (15 mL) baking powder
- 1/2 tsp (2.5 mL) baking soda
- 1/2 tsp (2.5 mL) iodized salt
- 1/2 tsp (2.5 mL) cinnamon
- 1/4 tsp (1.2 mL) nutmeg
- 1 15-oz (425-g) can pumpkin or 2 c (475 mL)
- 1/2 c (80 g) raisins

## Directions

1. Preheat oven to 375 F (191 C). Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add pumpkin, 1/2 c (120 mL) of water, and raisins. Stir until just mixed. Spoon batter into lined muffin cups, filling to just below the tops.

2. Bake 25 to 30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand 5 minutes. Remove muffins from pan and cool on a rack.
3. Store cooled muffins in an airtight container.

## Nutrition Facts

*Per muffin:*

**Calories:** 158 kcal

**Fat:** 1 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 4%

**Cholesterol:** 0 mg

**Protein:** 4 g

**Carbohydrates:** 33 g

**Sugar:** 16 g

**Fiber:** 4 g

**Sodium:** 332 mg

**Calcium:** 106 mg

**Iron:** 1.8 mg

**Vitamin C:** 2.0 mg

**Beta-Carotene:** 2953 mcg

**Vitamin E:** 0.6 mg