



Pumpkin Whole Wheat Muffins

1½ cups all-purpose flour
½ cup whole-wheat flour
1 Tablespoon baking powder
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon ground nutmeg
½ cup raisins or dried cranberries
1 cup pumpkin puree
½ cup firmly packed brown sugar
½ cup egg substitute or 2 eggs
½ cup low-fat or fat free milk
1/3 cup canola or vegetable oil



1. Preheat oven to 400°F. Grease a 12-cup muffin tin with canola spray or place liners in the muffin cups.
2. Sift the flour, baking powder, baking soda, salt, cinnamon, and nutmeg into a large bowl. Stir in raisins or cranberries.
3. Beat eggs in separate bowl. Add packed brown sugar, pumpkin, eggs, milk and oil. Stir until combined. Break up any large lumps of brown sugar.
4. Fold pumpkin mixture into flour mixture until batter is just combined.
5. Divide batter into prepared muffin tin. Filling each one about two thirds full. Bake in the middle of the oven for 25-30 minutes until golden brown.
6. Wait 1-2 minutes to remove muffins from pan. Transfer to wire rack for cooling.

Recipe developed by Michelle S. Kleinman, RD, CD/N

Rockland County Department of Health
Office of Public Health Promotion
(845) 364-2500
www.rocklandsteps.org

