



Cranberry Pumpkin Muffins

Yield: 12 servings

Ingredients:

- 2 cups flour
- 3/4 cups sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoons allspice
- 1/3 cup vegetable oil
- 2 eggs, large (large)
- 3/4 cups pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)



Directions:

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

Nutrition Facts: Calories, 200; Calories from fat, 60; Total fat, 7g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 30mg; Sodium, 230mg; Total Carbohydrate, 32g; Fiber, 2g; Protein, 3 g; Vit. A, 50%; Vit. C, 4%; Calcium, 8%; Iron, 8%.

Source: University of Massachusetts, Extension Nutrition Education Program



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