



Cranberry Pumpkin Muffins

Servings: 12
Serving Size: 1 muffin

Ingredients:

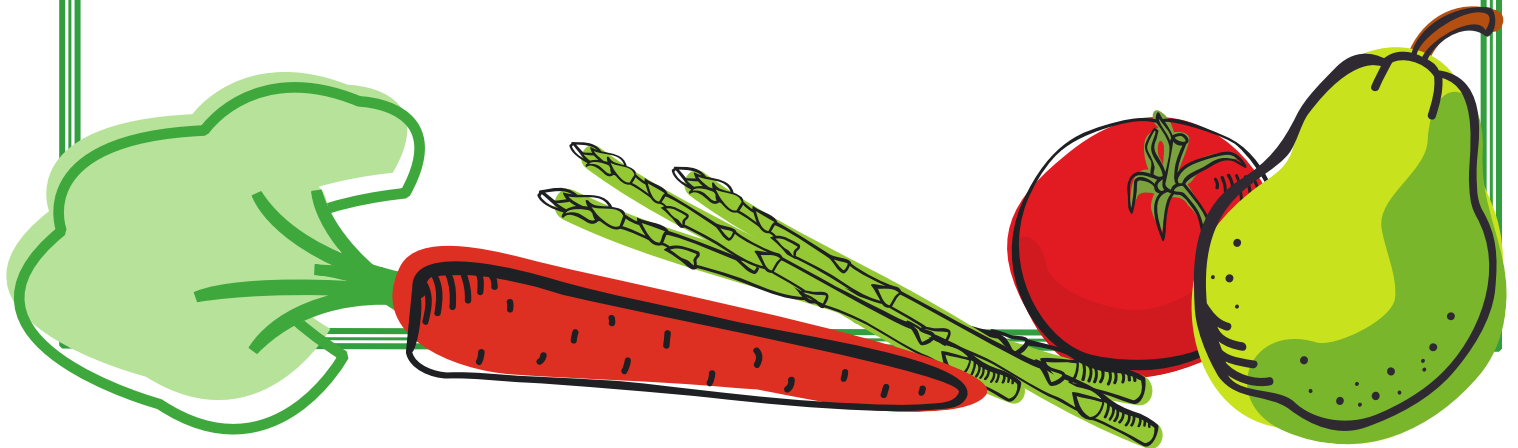
- 2 cups flour
- ¾ cup sugar
- 3 teaspoons backing powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1/3 cup vegetable oil
- 2 large eggs,
- ¾ cup canned pumpkin
- 2 cups fresh or frozen chopped cranberries, washed.
 (Or ¾ cup dried cranberries)

Directions:

1. Preheat oven to 400°.
2. Stir together dry ingredients (flour through cinnamon) and set aside.
3. In another bowl, 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

Serving Size 1 muffin	
Servings Per Container 12	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 250mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 3g	
Vitamin A 45%	• Vitamin C 4%
Calcium 4%	• Iron 6%
*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	



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