

Harvest Pumpkin Muffins

- 2 c. whole wheat pastry flour
- ½ c. light brown sugar
- 1 tblsp. plus 1 tsp. baking powder
- 1 ¼ tsp. pumpkin pie spice
- ⅔ cup mashed, cooked or canned pumpkin
- ½ c. plus 1 tblsp. apple juice
- 2 egg whites, lightly beaten
- 1 ¼ c. finely chopped apple (about 1 ½ medium)

1. In a large bowl, combine the flour, brown sugar, baking powder, and pumpkin pie spice, and stir to mix well. Add the pumpkin, apple juice, and egg whites, and stir just until the dry ingredients are moistened. Fold in the apple.
2. Coat muffin cups with nonstick cooking spray, and fill ¾ full with the batter. Bake at 350E for 16-18 minutes, or just until a wooden toothpick inserted in the center of a muffin comes out clean.
3. Remove the muffin tin from the oven, and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

NUTRITIONAL FACTS PER MUFFIN (RECIPE MAKES 12)

Calories: 100	Fat: 0.5 g	Protein: 3.5 g
Cholesterol: 0 mg	Fiber: 3 g	Sodium: 135 mg
