

Pumpkin Oatmeal Muffins

INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 1 cup quick oats
- 3/4 cup firmly packed brown sugar
- 1/2 cup raisins (optional)
- 1 tbsp baking powder
- 1/2 tsp baking soda
- 1 1/2 tsp pumpkin pie spice
- 1 cup canned pumpkin
- 3/4 cup fat-free milk
- 1/3 cup canola oil
- 1 egg lightly beaten, or 2 egg whites

PREPARATION:

Preheat oven to 400 degrees and line a 12-cup muffin tin with paper cases. Combine dry ingredients in a large bowl. In a medium bowl, combine the pumpkin, milk, oil and egg(s), blending well. Stir pumpkin mixture into dry ingredients until the dry ingredients are just moist.

Fill muffin cases evenly and bake for 22-25 minutes.

Per Serving: Calories 228, Calories from Fat 60, Total Fat 6.7g (sat 0.5g), Cholesterol 0mg Sodium 146mg, Carbohydrate 37.9g, Fiber 2g, Protein 4.2g