

# Nutrition Education

## Pumpkin Bran Muffins

- 1 1/4 cups flour
  - 1/2 cup sugar
  - 1 tablespoon baking powder
  - 1/4 teaspoon salt
  - 1 teaspoon cinnamon
  - 1/2 teaspoon nutmeg
  - 1 1/4 cups All-Bran® Original or All-Bran® Bran Buds®
  - 1 cup low fat milk
  - 3/4 cup raisins
  - 1 cup canned, mashed pumpkin
  - 1 egg
  - 3 tablespoons vegetable oil
  - 1 1/2 teaspoons sugar
1. Stir together flour, the 1/2 cup sugar, baking powder, salt, cinnamon and nutmeg. Set aside.
  2. In large mixing bowl, combine Kellogg's® All-Bran® cereal, milk, raisins and pumpkin. Let stand about 2 minutes or until cereal softens. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion evenly into twelve 2 1/2-inch muffin pan cups coated with cooking spray. Sprinkle with the remaining 1 1/2 teaspoons sugar.
  3. Bake at 400 degrees F about 20 minutes or until lightly browned. Serve warm.

