

Pumpkin Party Muffins

12 servings - 1 muffin each or 36 mini-muffins



2 cups all-purpose flour	1/2 cup sugar
2 teaspoons baking powder	1/3 cup lowfat milk
1/2 teaspoon baking soda	1/4 cup vegetable oil
1/2 teaspoon salt	1 large egg
3/4 teaspoon pumpkin pie spice	1/2 teaspoon grated orange peel
1 cup canned pumpkin	1/2 cup raisins

1. Preheat oven to 400 degrees F.
2. Spray muffin pan cups or use paper liners.
3. In a large bowl, combine flour, baking powder, baking soda, salt and pie spice. In other bowl, whisk pumpkin, sugar, milk, oil, egg, orange peel until smooth.
4. Add raisins, mix in. Stir mixture into dry ingredients just until combined.
5. Spoon into prepared pans.
6. Bake 20 minutes for large muffins, 10 minutes for mini-muffins.
7. Remove from pan and cool on wire rack.

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Nutrition Facts	
Serving Size 1 muffin (73g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 20mg	6%
Sodium 240mg	10%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	7%
Sugars 14g	
Protein 3g	
Vitamin A 60%	Vitamin C 2%
Calcium 6%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

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