

Saint Paul Public Schools'

Whole Grain Pumpkin Muffins

Pumpkins are a fruit in the same family as cucumbers, cantaloupe, and zucchini. Our pumpkin muffins contain whole grain flour which contains fiber, vitamins, minerals, and antioxidants.

YIELD

12 muffins

INGREDIENTS

- 1 1/2 cups granulated sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 cup pureed pumpkin
- 3/4 cup all purpose flour
- 1 cup whole wheat flour
- 1/4 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1/3 cup water



DIRECTIONS

- Preheat oven to 350°
- Mix together sugar, eggs and oil
- Add pumpkin and mix well
- Sift together flours, baking powder, baking soda, salt, and spices
- Alternate adding dry ingredients and water to pumpkin mixture and mix until well incorporated
- Pour batter into muffin cups and bake for 25 minutes

NUTRITIONAL INFORMATION

PER 1 SERVING

CALORIES 190

TOTAL FAT 6 g

CARBS 31 g

SODIUM 240 mg

CHOLESTEROL 14 mg

FIBER 1.72 g



real choices

Eating healthy never tasted so good.