

Cranberry Pumpkin Muffins

These tasty cranberry pumpkin muffins are the perfect fall treat to bake on a crisp fall day.

2 cups flour

3/4 cup sugar

3 teaspoons baking powder

1/2 teaspoon salt

1/2 teaspoon cinnamon

3/4 teaspoon allspice

1/3 cup vegetable oil

2 eggs

3/4 cup pumpkin (canned)

2 cups cranberries (fresh or frozen chopped)

Preheat oven to 400 degrees. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake at 400 degrees for 15 to 30 minutes.

Yield: 12 servings. Each serving provides 200 calories, 7g of fat, 30mg of cholesterol, 230mg of sodium and 2g of fiber.

Source: USDA