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Pumpkin Cranberry Mini Breakfast Muffins

Need something new to do with pumpkin? Try these pumpkin cranberry breakfast muffins!

Ingredients:

- 1 cup all-purpose flour
- 1 cup oat flour (or fresh oats finely ground into a flour)
- 3/4 cup sugar
- 1 tsp baking soda
- 1/4 tsp salt
- 1-1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1-1/4 cups canned pumpkin puree
- 1 large egg, lightly beaten
- 1/4 cup canola oil
- 1 cup nonfat milk
- 1 cup fresh cranberries



Directions:

1. Preheat oven to 350 degrees.
2. Spray a mini muffin pan with nonstick cooking spray.
3. In a large bowl, combine flour, sugar, baking soda, salt, cinnamon, and nutmeg.
4. Combine pumpkin, beaten egg, oil and milk in a separate bowl.
5. Make a well in dry ingredients and add pumpkin mixture and stir until combined. Lastly, fold in cranberries.
6. Fill muffin cups and bake for 17-22 minutes.

Nutritional Info (per muffin):

144.5 kcal

1.25 gram of fat

2.3 grams of fiber

4.5 grams protein