

Healthy Pumpkin Cranberry Mini Muffins

It's hard not to fall off the health wagon with all the Halloween goodies everywhere. **Certified nutritionist, personal trainer and exercise physiologist, Franci Cohen**, relies on these tasty and healthy pumpkin cranberry mini muffins to get her going in the mornings:

Pumpkin Cranberry Mini 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.