

Pumpkin Cranberry Mini Breakfast Muffins

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Recipe by Franci Cohen

Ingredients:

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

Instructions:

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.