



Creative Living
and Growing

With Bren

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Pumpkin Cranberry Mini Breakfast Muffins

We just had our first frost warning in NW Ohio so what better way to warm up the morning then with a festive fall treat. All though the various sweet and sugary temptations are hard to resist, you don't have to break your diet to enjoy the seasonal fare. Certified nutritionist, personal trainer and exercise physiologist, **Franci Cohen**, has provided recipes for fall foods that won't break your belt. I can't wait to share with you some more of her fabulous recipes that we are enjoying in my home and garden.

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
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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.

Find out more about Franci Cohen, Personal trainer, Certified Nutritionist & Exercise Physiologist Healthy Fall Food Favorites at <http://francicohen.com>.

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