

Pumpkin Muffins

Makes 12 muffins; 1 serving is 1 muffin

INGREDIENTS

1 1/2 cups all-purpose flour
1-teaspoon baking powder
1/2-teaspoon baking soda
1/2-teaspoon salt
1-teaspoon pumpkin-pie spice (or 1/2 tsp cinnamon + 1/4 tsp nutmeg + 1/4 tsp ginger + pinch of ground cloves and allspice)
1-1/3 cup canned pumpkin puree
1/3 cups vegetable oil
2 large eggs
1-1/4 cups plus 1tablespoon sugar and 1 teaspoon cinnamon

DIRECTIONS

- 1.Heat oven to 350 degrees. Put liners in 12 standard-sized muffin cups. Stir or whisk together flour, baking powder, baking soda, salt and spice in small/medium bowl.
2. In a larger bowl, whisk together pumpkin, oil, eggs and 1-1/4 cups sugar. Add dry ingredients to wet and stir until just combined. Divide batter among muffin cups (each about 3/4 full).
3. Stir together last tablespoon of sugar and teaspoon of cinnamon. Sprinkle over each muffin.
4. Bake until puffed and golden brown and wooden pick or skewer inserted into the center of a muffin comes out clean, 25 to 30 minutes.
5. Cool in pan on a rack five minutes then transfer muffins from pan to rack and cool to warm or room temperature.

Adapted from the American club, in Kohler, Wisconsin via Gourmet Magazine

NUTRITION FACTS per serving

Calories 127, Calories from Fat 2, Total Fat 0.2g, Cholesterol 0mg, Sodium 28gm, Total Carbohydrates 30.7gm, Dietary Fiber 1.0g, Sugar 17.4g, Protein 1.8g.