

Pumpkin Muffins

INGREDIENTS:

2 eggs, beaten
1 c. sugar
1 c. canned pumpkin (or cooked, pureed pumpkin)
1/3 c. canola oil
1/4 c. water
1 2/3 c. flour
1 tsp. baking soda
3/4 tsp. salt
1/2 tsp. baking powder
1/2 tsp. ground cloves
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 c. nuts, chopped (optional)

DIRECTIONS:

Preheat oven to 350 degrees. Combine eggs, sugar, pumpkin, oil and water in medium-sized mixing bowl. Stir together flour, baking soda, salt, baking powder and spices in a separate bowl. Add dry ingredients to wet, and stir to blend. Place batter 3/4 to the top of non-stick or lightly oiled muffin tins. You may also use cupcake liners. If desired, sprinkle with sugar. Bake 20 minutes or until toothpick inserted into the middle of muffin comes out clean. Remove from pan right away.

NUTRITION:

Makes 9 servings. Each serving (without nuts) has 260 calories, 9 grams (g) fat, 4 g protein, 41 g carbohydrate, 1 g fiber, 380 milligrams sodium