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Pumpkin Raisin Muffins

(From "Cook Great Food by Dietitians of Canada", 2001, recipe by Tracy Nash)

Makes 24 Muffins

What You Need

These muffins are loaded with vitamin A from the pumpkin. This recipe makes a large batch so you can put some in the freezer for quick additions to lunches.

1 can (14 oz or 398 ml) pumpkin purée (*not* pie filling)
1/2 cup vegetable oil
2 cups buttermilk or sour milk*
2 cups whole wheat flour
1-1/2 cups all purpose flour

1 tsp ground nutmeg
1 tsp ground ginger
1/4 tsp salt
1 cup sugar
4 tsp baking powder
1 tsp baking soda
1 tbsp ground cinnamon
1-1/2 cups raisins
3 eggs

**to make sour milk add 4 tsp lemon juice or vinegar to 2 cups milk and let stand 5 minutes*

Per Serving

Calories 191
Carbohydrates 33 g
Protein 4 g
Fat 6 g
Dietary Fiber 3 g

How You Prepare

Blend pumpkin, oil, buttermilk and eggs. Add remaining ingredients and stir **JUST UNTIL COMBINED**. Avoid over mixing. Spoon batter into two 12-cup muffin tins. Bake for 18-22 minutes at 375 degrees.