



## PUMPKIN MUFFINS

wholesome, moist muffin

 12 portions

## INGREDIENTS

- 1 cup of wheat flour, white, all-purpose, enriched, unbleached [125 g]
- 1 cup of wheat flour, whole-grain [120 g]
- 1 tsp of leavening agents, baking soda [5 g]
- 2 tps of spices, cinnamon, ground [5 g]
- 1/4 tsp of spices, nutmeg, ground [1 g]
- 1/4 tsp of spices, ginger, ground [0 g]
- 1/4 tsp of spices, cloves, ground [1 g]
- 1/2 tsp of salt, table [3 g]
- 1/2 cup of sugars, granulated [100 g]
- 1/2 packed cup of sugars, brown [110 g]
- 2 large units of egg, whole, raw, fresh [100 g]
- 2 cups, mashed of pumpkin, cooked, boiled, drained, without salt [490 g]
- 1/2 cup of oil, canola [109 g]
- 1/4 cup of milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D [61 g]

## COOKING METHOD

- 1° Preheat oven to 375, line 12 muffin tin pan with liners. Spray liner with non-stick spray to prevent sticking.
- 2° In a medium size bowl, add the 2 types of flour, baking soda, spices, and salt.
- 3° In another bowl, beat both sugars, eggs, pumpkin, oil, and milk.
- 4° Add the dry ingredients into the wet ingredients and mix until well combined. Try not to over mix.
- 5° Using a 1/3 cup measuring cup, fill each muffin. Bake for 20 minutes until toothpick comes out clean.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (102 g)	% DRI
ENERGY	238 kcal	243 kcal	12 %
FAT	10 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
CHOLESTEROL	31 mg	31 mg	10 %
SODIUM	214 mg	220 mg	9 %
CARBOHYDRATE	34 g	35 g	12 %
SUGARS	18 g	18 g	—
FIBER	2 g	2 g	8 %
PROTEIN	4 g	4 g	—