

Posted by Dana in OR on 19:44 Oct 21

Pumpkin-Oatmeal Muffins
(from lowfat cooking guide on about.com)

INGREDIENTS:

1 1/2 cups all-purpose flour
1 cup quick oats
3/4 cup firmly packed brown sugar
1/2 cup raisins (optional)
1 tbsp baking powder
1/2 tsp baking soda
1 1/2 tsp pumpkin pie spice
1 cup canned pumpkin
3/4 cup fat-free milk
1/3 cup canola oil
1 egg lightly beaten, or 2 egg whites

PREPARATION:

Preheat oven to 400 degrees and line a 12-cup muffin tin with paper cases. Combine dry ingredients in a large bowl. In a medium bowl, combine the pumpkin, milk, oil and egg(s), blending well. Stir pumpkin mixture into dry ingredients until the dry ingredients are just moist. Fill muffin cups.

Bake 22-26 mins or until toothpick comes out clean.

Dana's NOTE: I used fresh cooked pumpkin with this came out great. I left out the raisins. I needed to cook it about 28 minutes. The muffin cups were filled very high.