

Pumpkin Raisin Muffins

Tracy Nash, Dietitian

Serve these delicious muffins with juice or fruit and a quick-cooked egg for a tasty breakfast that is easy to make.

Makes 24



Preheat oven to 375°F (190°C)
Two 12-cup muffin tins, greased or paper-lined

2 cups	whole-wheat flour	500 mL
1 1/2 cups	all-purpose flour	375 mL
1 cup	granulated sugar	250 mL
4 tsp	baking powder	20 mL
1 tsp	baking soda	5 mL
1 tbsp	ground cinnamon	15 mL
1 tsp	ground nutmeg	5 mL
1 tsp	ground ginger	5 mL
1/4 tsp	salt	1 mL
1 1/2 cups	raisins	375 mL
1	can (14 oz/398 mL) pumpkin puree (not pie filling)	1
1/2 cup	vegetable oil	125 mL
2 cups	buttermilk or sour milk (see Tip, at right)	500 mL
3	eggs	3

1. In a large bowl, combine whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, cinnamon, nutmeg, ginger, salt and raisins.
2. In a separate bowl, blend together pumpkin, oil, buttermilk and eggs.
3. Make a large well in center of dry ingredients; pour in wet ingredients all at once. Gently fold together until just combined.
4. Spoon batter into muffin tins. Bake in preheated oven for 18-22 minutes or until firm to the touch.

DIETITIAN'S MESSAGE

Eating orange, red and yellow fruits and vegetables, such as squashes, pumpkins, cantaloupe and melon, is an excellent way to boost your intake of vitamin A.

TIP

These muffins freeze well, so make up an extra batch and store in an airtight container or freezer bag.

Sour milk can be used instead of buttermilk. To prepare, combine 4 tsp (20 mL) lemon juice or vinegar with 2 cups (500 mL) milk and let stand for 5 minutes.

PER MUFFIN

Calories: 191, Dietary Fiber: 2 g, Fat: 6 g, Carbohydrate: 33 g, Protein: 4 g