

## Pumpkin Muffins

### Ingredients

1 cup cooked or canned pumpkin  
½ cup plain yogurt  
2 eggs or 4 egg whites  
½ cup brown sugar  
½ cup white sugar  
1 cup white flour  
1 cup whole wheat flour  
1 teaspoon baking soda  
½ teaspoon nutmeg  
½ teaspoon cinnamon  
¼ cup water



	<b>Per Serving</b>
<b>Calories</b>	<b>72.5</b>
<b>Protein</b>	<b>2 g</b>
<b>Fiber</b>	<b>1 g</b>
<b>Total Fat</b>	<b>0.3 g</b>
<b>Iron</b>	<b>0.6 mg</b>
<b>Calcium</b>	<b>8 mg</b>
<b>Vitamin A</b>	<b>50 mcg</b>

### Directions

Preheat oven to 350 degrees. Beat together the eggs, yogurt, pumpkin and sugars. Sift together the dry ingredients and add to pumpkin mixture. Stir in water and mix gently. Pour into a greased and floured muffin pan (or use muffin paper). Bake for 30 minutes or until a toothpick comes out clean. Wait 10 minutes before turning out onto a wire rack to cool. Yield: 24 muffins.

Ideas: Dried fruit or nuts can easily be added to the mixture. If whole wheat flour is unavailable, white flour can be substituted. A mixture of low fat cream cheese and carrot puree can be used as a topping. Fruit and vegetables can be used as decoration.



**Healthy Eating Tip:** You can reduce the amount of sugar in this recipe to ¼ cup white sugar and ¼ cup brown sugar for a lower calorie option.