

Cranberry Pumpkin Muffins

Enjoy these delicious muffins for breakfast anytime of the year using canned pumpkin and frozen cranberries!

Makes: 12 servings

Source: US Department Of Agriculture, Choose My Plate recipe/cranberry pumpkin muffins

Ingredients

- 2 cup flour
- 3/4 cup sugar
- 3 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs, large (large)
- 3/4 cup pumpkin (canned)
- 2 cup cranberries (fresh or frozen chopped)

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees Fahrenheit for 15 to 30 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Muffin	
Nutrients	Amount
Calories:	204
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	31 mg
Sodium:	255 mg
Total Carbohydrates:	32 g
Dietary Fiber:	2 g
Total Sugars:	14 g
Added Sugars:	12 g
Protein	3 g
Vitamin D	0 mcg
Calcium	83 mg
Iron	2 mg
Potassium	82 mg

Utensils Needed

- Sifter
- Mixing Bowl
- Whisk/ Mixing Spoon
- Measuring Utensils
- Muffin Pan
- Muffin Cups
- Oven

SHOPPING LIST

Average total cost without oil and seasonings: \$14.05

Average cost/serving: \$1.17

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
All Purpose Flour



Add 1 to Cart
Large Eggs (1 Dozen)



Add 1 to Cart
Granulated Sugar (32 oz)



Add 1 to Cart
Canned Pumpkin (15 oz)



Add 1 to Cart
Baking Soda



Add 1 to Cart
Whole Cranberries (16 oz)

SAVE TIME, SAVE MONEY

Preparation and Leftover Tips

- Consider substituting all purpose flour with whole wheat flour to add a serving of whole grains to your diet! Whole wheat flour can absorb more moisture, so add a little more water when mixing if necessary.
- Not sure what to do with extra canned pumpkin? Check out snapedny.org for other recipes using pumpkin, such as pumpkin pudding!

My Cooking Notes