

Pumpkin Cranberry Muffins

Makes 12 servings



Ingredients

2 cups all-purpose flour

$\frac{3}{4}$ cup sugar (decrease by 3 Tablespoons if using dried cranberries)

1 tsp baking soda

1 tsp cinnamon

$\frac{1}{2}$ tsp ginger

$\frac{1}{4}$ tsp nutmeg

1 cup pumpkin puree

1 large egg, lightly beaten

$\frac{1}{4}$ cup canola oil

1 cup nonfat milk

1 cup fresh cranberries, chopped or $\frac{3}{4}$ cup dried cranberries

Directions

1. Preheat oven to 350°F. Coat a muffin pan with non-stick baking spray or paper liners.
2. In a large bowl, combine flour, sugar, baking soda, cinnamon, ginger, and nutmeg.
3. In a medium bowl, combine pumpkin, beaten egg, oil and milk.
4. Make a well in dry ingredients. Add pumpkin mixture and stir until just combined.
5. Fold in cranberries.
6. Fill muffin cups $\frac{3}{4}$ full and bake for 22-25 minutes or until toothpick inserted in center comes out clean. Remove muffins from pan to cooling rack. Serve warm.

Note: Muffins freeze well.