

Massachusetts

Cranberry Pumpkin Muffins

Featured Food: Cranberries

Makes: 12 muffins

Ingredients

- 2 cups flour
- $\frac{3}{4}$ cup sugar
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{3}{4}$ teaspoon allspice
- ? cup oil
- 2 eggs
- $\frac{3}{4}$ cup canned pumpkin
- 2 cups fresh or frozen cranberries, chopped



Directions

1. Preheat oven to 400°F.
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°F for 20-25 minutes.

Note: Freeze unused pumpkin and add to soup, chili or pancake recipes.

Recipe from: *Pumpkin Post and Banana Beat Newsletters*, University of Massachusetts Extension, Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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