

RECIPES

“Brought to you by the Chefs at Cancer Treatment Centers of America”

Whole Wheat Pumpkin Pie Muffins

Karen Marr, RD

- 1½ cup whole wheat flour
- ½ cup packed brown sugar
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp ginger
- ¼ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 eggs
- 1 cup unsweetened pumpkin puree
- ½ cup canola oil
- ½ cup honey



Preheat the oven to 350 degrees F. Grease a 12-cup muffin pan, or line with paper liners. Stir together the whole wheat flour, brown sugar, spices, baking powder, baking soda and salt in a large bowl. Make a well in the center; place eggs, pumpkin, oil, and honey in the well. Mix just until the dry ingredients are absorbed. Spoon into muffin cups so they are $\frac{3}{4}$ full. Bake for 18 minutes or until the tops spring back when lightly touched. Cool in the pan before removing from cups.

Makes 12-15 muffins

Nutrition information per serving: Calories: 177; Total Fat: 8g; Saturated Fat: 1g; Sodium: 130mg; Carbohydrate: 25g; Fiber: 1g; Protein: 2.2g