

# Cranberry Pumpkin Muffins



Makes: 12 servings

Total Cost: \$\$\$\$

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

## Ingredients

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

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.
3. Sift together dry ingredients (flour through allspice) and set aside.
4. Beat oil, eggs, and pumpkin together until well blended.
5. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
6. Fold in chopped cranberries.
7. Spoon into paper lined muffin cups.

Bake at 400 °F for 15 to 30 minutes.

## Notes

Serve with a glass of low-fat milk for a healthy snack.

Learn more about:

- [Pumpkin](#)
- [Cranberries](#)

Source:

*Pumpkin Post and Banana Beat Newsletters*  
University of Massachusetts Extension  
Nutrition Education Program

# Nutrition Information

Serving Size: 1 muffin, 1/12 of recipe

Nutrients	Amount
Total Calories	203
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	31 mg
Sodium	255 mg
Carbohydrates	32 g
Dietary Fiber	2 g
Total Sugars	14 g
Added Sugars included	12 g
Protein	3 g
Vitamin D	0 mcg
Calcium	83 mg
Iron	2 mg
Potassium	82 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

# MyPlate Food Groups



Grains 1 1/2 ounces