

## Pumpkin Spice Muffins



Busy families sometimes have trouble fitting in three healthy meals each day. Like it or not, snacking has become an important contributor to daily food intake. These muffins make a great tasting, low-fat snack!

Makes 10 to 12 muffins

### Ingredients

2 cups whole-wheat flour or whole-wheat pastry flour  
1/2 cup sugar  
1 tablespoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 15-ounce can solid-pack pumpkin  
1/2 cup raisins

### Directions

Preheat oven to 375 F. Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add pumpkin, 1/2 cup of water, and raisins. Stir until just mixed. Spoon batter into lined muffin cups, filling to just below the tops.

Bake 25 to 30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand 5 minutes. Remove muffins from pan and cool on a rack. Store cooled muffins in an airtight container.

Per serving:

Per muffin: 131 calories; 3 g protein; 31 g carbohydrate; 0.5 g fat; 4 g fiber; 236 mg sodium; calories from protein: 10%; calories from carbohydrates: 87%; calories from fats: 3%