

Pumpkin Muffins

Ingredients:

- 3 cups whole-wheat flour
- 1 tablespoon + 2 teaspoons pumpkin pie spice
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 1/2 cups sugar
- 1/2 cup stevia
- 1 can (15 oz) pure pumpkin puree
- 4 eggs
- 1/2 cup olive oil
- 1/2 cup orange juice

Directions

1. Preheat oven to 350 °F. Paper-line or grease 30 muffin cups.
2. Combine flour, pumpkin pie spice, baking soda, and salt in a large bowl. Combine sugar, stevia, pumpkin, eggs, oil, and juice in a large mixer bowl. Beat until blended.
3. Add flour mixture to pumpkin mixture and stir until moistened.
4. Spoon batter into prepared muffin cups, filling 3/4 full.
5. Bake 25 – 30 minutes or until toothpick inserted in centers comes out clean. Cool in pans for 10 minutes, then remove to wire racks to continue to cool.

Nutrition Facts

Serving Size 1 Muffin (55g)
Servings Per Container 30

Amount Per Serving

Calories 150 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 210mg **9%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 14g

Protein 3g

Vitamin A 35% • **Vitamin C 2%**

Calcium 2% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

