



## Pumpkin Bran Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 cups raisin cereal fiber one® raisin bran clusters®
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose gold medal®
- ☐ 0.5 cup milk
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.8 cup raisins

- ☐ 2 tablespoons sugar raw ( sugar)
- ☐ 3 teaspoons vanilla
- ☐ 0.3 cup vegetable oil

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ ziploc bags
- ☐ muffin liners
- ☐ rolling pin
- ☐ meat tenderizer

## Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor). Set aside.
- ☐ In large bowl, beat pumpkin, milk, oil, vanilla and eggs with wire whisk until well blended.
- ☐ Add flour, brown sugar, baking powder and pumpkin pie spice; stir just until dry ingredients are moistened. Stir in cereal and raisins. Divide batter evenly among muffin cups, filling full.
- ☐ Sprinkle with turbinado sugar.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack.
- ☐ Serve warm or cool.

## Nutrition Facts



 PROTEIN **6.49%**  FAT **22.93%**  CARBS **70.58%**

Properties

Glycemic Index:21.98, Glycemic Load:11.31, Inflammation Score:-8, Nutrition Score:9.8352173514988%

Nutrients (% of daily need)

Calories: 226.89kcal (11.34%), Fat: 5.94g (9.14%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 37.41g (13.61%), Sugar: 14.8g (16.45%), Cholesterol: 28.5mg (9.5%), Sodium: 145.54mg (6.33%), Alcohol: 0.34g (100%), Alcohol %: 0.52% (100%), Protein: 3.78g (7.57%), Vitamin A: 1581.77IU (31.64%), Manganese: 0.53mg (26.72%), Iron: 3.11mg (17.27%), Folate: 66.92µg (16.73%), Fiber: 3.74g (14.97%), Vitamin B2: 0.22mg (12.84%), Vitamin B1: 0.18mg (12.2%), Selenium: 7.81µg (11.15%), Phosphorus: 98.17mg (9.82%), Vitamin B3: 1.8mg (9.01%), Vitamin K: 8.68µg (8.26%), Vitamin B6: 0.15mg (7.58%), Magnesium: 28.25mg (7.06%), Calcium: 70.15mg (7.01%), Vitamin B12: 0.37µg (6.1%), Potassium: 204.44mg (5.84%), Copper: 0.11mg (5.42%), Zinc: 0.67mg (4.48%), Vitamin B5: 0.44mg (4.36%), Vitamin E: 0.52mg (3.45%), Vitamin D: 0.43µg (2.84%), Vitamin C: 1.21mg (1.46%)