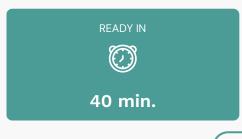
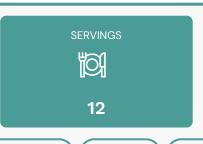


# **Pumpkin Bran Muffins**







MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

0.8 cup raisins

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®
O.5 cup t brown sugar dark packed
2 eggs
1.3 cups flour all-purpose gold medal®
O.5 cup milk
1 teaspoon pumpkin pie spice

	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	
Di	rections	
	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**

### **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%)