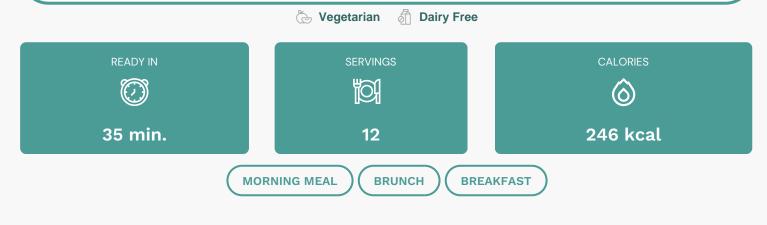




Pumpkin Wheat Honey Muffins



Ingredients

0.8 teaspoon double-acting baking powder
O.5 teaspoon baking soda
0.5 cup brown sugar packed
0.5 cup brown sugar packed
0.8 cup pumpkin puree canned
2 eggs
0.5 cup honey
1 teaspoon pumpkin pie spice

	0.5 cup raisins
	0.5 teaspoon salt
	0.5 cup vegetable oil
	0.5 cup walnut pieces chopped
	1.5 cups flour whole wheat
Eq	Juipment
	bowl
	frying pan
	oven
	muffin liners
	muffin tray
Di	rections
	Preheat the oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan, or line with paper liners.
	Place the raisins in a cup, and add enough hot water to cover.
	Let stand for a few minutes to plump.
	In a large bowl, stir together the whole wheat flour, brown sugar, pumpkin pie spice, baking powder, baking soda and salt. Make a well in the center, and put in eggs, pumpkin, oil and honey.
	Mix just until the dry ingredients are absorbed.
	Drain excess water from raisins, and stir in along with the walnuts. Spoon into muffin cups so they are about 2/3 full.
	Bake for 18 minutes in the preheated oven, or until the tops spring back when lightly touched Cool in the pan before removing from cups.
	Nutrition Facts
	PROTEIN 6.2% FAT 21.27% CARBS 72.53%

Properties

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 245.83kcal (12.29%), Fat: 6.16g (9.48%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 44.46g (16.17%), Sugar: 30.11g (33.46%), Cholesterol: 27.28mg (9.09%), Sodium: 188.05mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 2425.44lU (48.51%), Manganese: 0.87mg (43.36%), Selenium: 12.21µg (17.44%), Fiber: 2.84g (11.36%), Phosphorus: 101.8mg (10.18%), Copper: 0.19mg (9.68%), Magnesium: 36.7mg (9.17%), Iron: 1.43mg (7.95%), Vitamin B1: 0.11mg (7.03%), Vitamin B6: 0.13mg (6.56%), Vitamin K: 6.28µg (5.98%), Potassium: 200.36mg (5.72%), Vitamin B2: 0.09mg (5.32%), Calcium: 51.61mg (5.16%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.71mg (4.75%), Folate: 17.35µg (4.34%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.33mg (3.28%), Vitamin C: 1.14mg (1.38%), Vitamin B12: 0.07µg (1.09%)