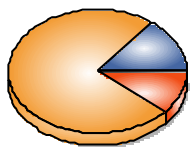


Angie's Pumpkin Spice Muffin

Comment: This muffin contains no egg or butter

Recipe grams: 1510.80g/53.3oz

Serves 12 125.90g/4.4oz per serving



Protein: 15%
Carbohydrates: 74%
Fat: 11%

INGREDIENTS

3 cup WHEAT FLOUR, WHITE, ALL PURPOSE, enriched, unbleached
1 cup SUGAR, GRANULATED
1/2 cup APPLESAUCE, UNSWEETENED, canned, no added Vit-C
1.5 cup PUMPKIN, BOILED, NO SALT, MASHED, drained
1/2 cup WATER, MUNICIPAL
1/2 cup COW'S MILK, COW'S, NONFAT W/ADDED CALCIUM (SKIM)
1 tsp BAKING SODA
1 tsp SALT, TABLE
1/2 cup QUICK OATS, DRY
1 tbsp CINNAMON, GROUND
1/2 tsp NUTMEG, GROUND
1/2 tsp CLOVES, GROUND
1/4 cup WALNUT, BLACK, DRIED, CHOPPED
4 oz PROTEIN SUPPLEMENT, MILK BASED, MUSCLE MILK LIGHT, POWDER

EXCHANGES: 1.68 Starch, 0.09 Very Lean Meat, 0.07 Fruit, 0.04 Skim Milk, 0.29 Fats
1.1 Other Carbs

DIRECTIONS

Begin with putting all the dry ingredients in a bowl (Note: use 1.5 cups of whole wheat flour, and 1.5 cups of unbleached white flour). Other sources of sugar that can be used: 1 cup banana puree (water and banana's), sucanat, Splenda or Stevia.

In another bowl, mix together, all "wet" ingredients: applesauce, pumpkin, water, and milk.

Mix to combine wet to the dry ingredients, then fold in nuts and oatmeal.

Spoon about 1/4 cup into muffin tins and bake for about 30 minutes. Use a cake tester to test for doneness. Should make about 12-14 muffins. Great for breakfast on the go!

Nutrition Facts

Serving Size: 1 serving (125.9g)

Servings: 1

Amount Per Serving

Calories 260 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 49g **16%**

Dietary Fiber 2g **9%**

Sugars 19g

Protein 10g

Vitamin A 40%

• Vitamin C 10%

Calcium 15%

• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.