

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Cranberry Pumpkin Muffins



Servings: 12

### *Ingredients:*

- 2 cups flour
- $\frac{3}{4}$  cup sugar
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{3}{4}$  teaspoon allspice
- $\frac{1}{3}$  cup vegetable oil
- 2 eggs, large
- $\frac{3}{4}$  cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen)



### *Directions:*

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 25 to 30 minutes

**Nutrition Facts:** Each one cup serving provides 200 Calories, 7g Total Fat, 1g Saturated Fat, 230mg Sodium, 32g Total Carbohydrate, 2g Dietary Fiber, 3g Protein

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

