

Orange Pumpkin Muffins

A high fiber diet is good for your health. To increase your fiber intake, use healthy baking ingredients like whole wheat flour instead of white flour.



Ingredients:

½ tsp	Orange zest	2 mL
2 large	Eggs	2 large
½ cup	Sugar	125 mL
¼ cup	Canola oil	60 mL
1 cup	Canned pumpkin (not pumpkin pie filling)	250 mL
1 ¾ cups	Whole wheat flour	425 mL
1 tsp	Baking soda	5 mL
1 tsp	Baking powder	5 mL
½ tsp	Salt	2 mL
½ tsp	Ginger	2 mL
½ tsp	Nutmeg	2 mL
½ tsp	Cinnamon	2 mL
½ cup	Raisins	125 mL

Directions:

1. Preheat oven to 400 °F (200 °C).
2. Prepare muffin tin by spraying with nonstick cooking spray or inserting paper muffin cups. Set aside.
3. To prepare orange zest, wash and dry an orange. Using a grater, grate the skin of the orange, making sure not to grate too long in one spot to avoid having the white, bitter rind in your muffins. Measure ½ teaspoon of the zest and set aside.
4. In a medium bowl, mix together eggs, sugar, and oil. Add pumpkin and mix thoroughly.
5. In another medium bowl, mix together flour, baking soda, baking powder, salt, ginger, nutmeg, cinnamon, orange zest and raisins.
6. Pour pumpkin mixture into dry ingredients. Stir until just combined (about 10 seconds). Do not over mix.
7. Using a spoon, scoop batter into muffin tins until all the batter is used and muffin tins are evenly filled.
8. Bake for 20 to 25 minutes

Makes 12 servings (1 muffin / 58 g)

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Nutrition Facts	
Per 1/12 of recipe (58 g)	
Amount	% Daily Value
Calories 170	
Fat 6 g	9 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 35 mg	
Sodium 260 mg	11 %
Carbohydrate 28 g	9 %
Fibre 3 g	12 %
Sugars 13 g	
Protein 4 g	
Vitamin A	40 %
Vitamin C	2 %
Calcium	4 %
Iron	10 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Low in saturated fat	0.5 g
Low in potassium	183 mg
Source of magnesium	30 mg
Source of folate	14 mcg
Source of iron	1.1 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	¼
Grain Products	1 ½
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Product) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Muffin tin
- Grater