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## *Pumpkin Oat Muffins*

### **Ingredients:**

- 1 ½ cups unbleached all-purpose flour
- 1 cup quick-cooking oats
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon allspice
- ¼ teaspoon ground cloves (optional)
- ¾ cup nonfat milk
- 1 egg
- ¼ cup canola oil
- ¾ cup brown sugar
- 1 cup canned pumpkin (unsweetened)
- ½ cup chopped walnuts (optional)

### **Preparation:**

1. Heat oven to 400°F. Brush oil in bottom of muffin cups to lightly coat.
  2. In a medium bowl combine flour, oats, baking powder, baking soda and spices. Mix well.
  3. In a large bowl, combine milk, egg, oil, brown sugar and pumpkin until well blended.
  4. Add flour mixture to egg mixture and stir just until moistened.
  5. Fold in nuts.
  6. Spoon batter into muffin cups, filling about 2/3 full.
  7. Bake at 400°F for 22-25 minutes, or until toothpick inserted comes out clean.
- Cool 5 minutes, then remove from pan.  
Makes 12 muffins.

### ***Nutrition Information per muffin:***

205 Calories, 9g Total Fat, 1g Saturated Fat, 18 mg Cholesterol, 190mg Sodium,  
28g Carbohydrate, 2g Fiber, 5g Protein

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