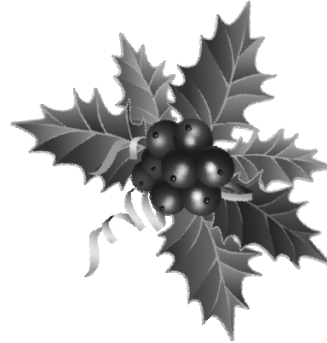


Whole Wheat Pumpkin Muffins

1 ½ c. whole-wheat flour
½ c. all –purpose flour
¼ c. sugar
1 tsp. salt
1 tsp. ground allspice
1 tsp. cinnamon
½ tsp. ground nutmeg
¾ tsp. baking powder
½ tsp. baking soda
¾ c. canned pumpkin
¼ c. canola oil
1/3 cup honey
½ c. frozen apple juice concentrate, thawed
1/3 c. chopped walnuts
1/3 c. golden raisins



1. Preheat oven to 350°F. Lightly coat 12-cup muffin pan with nonstick cooking spray or line with paper muffin cups.
2. Combine flours, sugar, salt, spices, baking powder, and baking soda in a large bowl. Mix well.
3. Add in remaining ingredients and mix well. Divide batter equally among muffin cups.
4. Bake 20 to 25 minutes or until toothpick inserted into center comes out clean. Transfer to wire rack to cool.
5. *Hint: To pre-prepare the day before: combine dry ingredients in one bowl and cover. Combine pumpkin, oil, honey, and juice concentrate in another bowl; cover and refrigerate. Prior to baking, remove liquids from refrigerator and let sit for 30 minutes.*

Yield: 12 muffins

Nutritional Information: Per muffin:

Calories: 212
Total Fat: 6.9 g
Cholesterol: 0 mg
Carbohydrates: 36.3 g
Protein: 3.5 g
Sodium: 283 mg
Fiber: 2.8 g