

Pumpkin Bran Muffins

Time: 20 min

Yield: 12 2½ inch muffins

Ingredients

- 1½ cups unprocessed oat bran (or wheat bran or a combination of oat & wheat bran)
- ½ cup firmly packed brown sugar
- ½ cup all-purpose flour (whole wheat, whole wheat pastry or white whole wheat flour)
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1 cup mashed pumpkin, cooked
- ½ cup skim milk
- 2 egg whites, lightly beaten
- 2 tablespoons vegetable oil
- Vegetable oil cooking spray
- ½ cup dried cranberries, chopped
- ½ cup chopped pecans or walnuts

Directions

1. Combine first six ingredients in a large bowl; stir well.
2. Make a well in center of mixture.
3. Combine pumpkin and next three ingredients in a medium bowl; stir well.
4. Add to dry ingredients, stirring just until moistened.
5. Spoon into muffin pans coated with cooking spray, filling ¾ full.
6. Bake at 425 degrees for 20 minutes.
7. Remove from pans immediately; serve warm or at room temperature.

Variations

- Banana Oat Bran Muffins: Substitute ¾ cup mashed ripe banana for pumpkin.
- Apple-Oat Bran Muffins: Substitute ½ cup minced apple for pumpkin. Substitute apple pie spice for pumpkin pie spice.
- Add 1 Tsp ground cinnamon to dry ingredients.