

Sink Your Fangs Into This — Pumpkin Muffins

Preparation time: 15 minutes

Cook time: 20-25 minutes

Ingredients

1	Egg	1
1/4 cup	Milk	60 ml
1/4 cup	Canned pumpkin	60 ml
2 tbsp	Oil	30 ml
3/4 cup	Whole-wheat flour	175 ml
1/4 cup	Sugar	60 ml
1 tsp	Baking powder	5 ml
1/4 tsp	Salt	1 ml
1/4 tsp	Cinnamon	1 ml
1/4 cup	Raisins	60 ml

Instructions

1. Preheat oven to 400° F.
2. Beat egg.
3. Stir in milk, pumpkin and oil.
4. In another mixing bowl, mix together flour, sugar, baking powder, salt, cinnamon.
5. Put liquid mixture into dry ingredients and stir.
6. Add raisins.
7. Put paper muffin cups in muffin pan.
8. Fill paper cups 2/3 full.
9. Bake 20 minutes. Turn off oven.
10. Cool muffins and enjoy!

Makes 6 muffins

