



Pumpkin Muffins

INGREDIENTS:

1/3 cup	Canola oil
1/3 cup	Applesauce
2 2/3 cup	Sugar
2 oz	Egg beaters
16 oz	Unsweetened pumpkin
2/3 cup	Non-fat yogurt
1 2/3 cup	Whole wheat flour
1 cup	White flour
2/3 cup	Wheat germ
2 tsp	Baking soda
1/2 tsp	Baking powder
1 tsp	Cinnamon
1 tsp	Ground cloves

PREPARATION:

- Combine oil, applesauce, sugar, eggs, pumpkin, yogurt and wheat germ in a large bowl; mix on medium till well blended.
- Add remainder of ingredients and mix just until flour is blended in.
- Fill muffin pans with blue scoop.
- Bake at 350° for 20-30 minutes.

Number of servings:	26 muffins
Serving Size:	1 muffin
Calories:	132
Fat Grams:	3

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