

Cinnamon Sugared Pumpkin Pecan Muffins

Makes: 12 Servings

These muffins are made with whole grain bran cereal, pumpkin, pecans and spices. They are the perfect treat for a fall day or any time of year!

Ingredients

8 tablespoons sugar (divided)
2 teaspoons cinnamon (divided)
1 cup bran flakes
1 cup skim milk
1 cup flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1 cup canned pumpkin
1 egg
1 tablespoon vanilla
1/4 cup finely chopped pecans

Directions

1. Preheat oven to 400 degrees. Spray 12 muffin cups with cooking spray.
2. Combine 2 Tablespoons sugar and 1/2 teaspoon cinnamon in a small bowl; set aside.
3. In a large bowl, combine cereal and milk and set aside for 5 minutes.
4. Combine 6 Tablespoons sugar, 1 1/2 teaspoons cinnamon, flour, baking powder and baking soda in a bowl. Whisk pumpkin, egg and vanilla into cereal.
5. Fold in dry mixture; being careful not to over mix. Spoon

Nutrition Information

Nutrients	Amount
Calories	168
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	16 mg
Sodium	245 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	11 g
Added Sugars included	9 g
Protein	4 g
Vitamin D	N/A
Calcium	114 mg

into prepared pan and sprinkle with pecans and sugar-cinnamon mixture.

6. Bake for 20-25 minutes or until a toothpick comes out clean.

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