

Pumpkin



Pumpkin puree is low in calories, at 82 calories per cup, but offers lots of nutritional value in the form of fiber (7.1 grams per cup), magnesium and potassium. Magnesium works to help stabilize the structure of DNA and cell membranes, and also supports metabolism by aiding in energy production. The potassium in pumpkin maintains healthy heart function and plays a role in nerve transmission. Pumpkin is also especially rich in vitamin A, in the form of carotenoids, and vitamin K.

Pumpkin Pecan Muffins serves 18

Ingredients

2 cups pumpkin puree	1 ½ cups sugar
½ cup applesauce, unsweetened	½ cup water
1 ½ cups all-purpose flour	1 ½ cups whole wheat flour
1 ½ teaspoons baking powder	1 teaspoon baking soda
1 teaspoon cinnamon	¼ teaspoon ground cloves
¼ teaspoon nutmeg	¼ teaspoon salt
2 cups pecan halves	

Directions

1. Preheat oven to 400°F. Grease muffin tins or use paper liners.
2. In a large bowl, combine the pumpkin puree, sugar, applesauce, and water; mix well. In another bowl, combine flour, baking powder, baking soda, cinnamon, cloves, nutmeg, and salt; mix well. Gradually stir the dry ingredients into the wet ingredients until well blended. Stir in pecans.
3. Spoon the batter into prepared muffin cups. Bake for 15 to 20 minutes or until a knife or toothpick inserted into the muffins comes out dry.