

Muffins- Pumpkin Carrot

2 teaspoons granulated sugar
¼ teaspoon cinnamon
1 ½ cups all purpose flour
1 tablespoon baking powder
½ teaspoon salt
½ teaspoon cinnamon
1 teaspoon nutmeg
¼ teaspoon allspice
1 ½ cups Raisin Bran Cereal
¾ cup canned pumpkin
¾ cup firmly packed brown sugar
2/3 cup shredded carrots
3 egg whites
3 tablespoons vegetable oil
Vegetable cooking spray

1. Combine the 2 teaspoons sugar and the ¼ teaspoon cinnamon. Set aside for topping.
2. Stir together flour, baking powder, salt and spices. Set aside.
3. Combine cereal, pumpkin, brown sugar and carrots in large mixing bowl. Let stand about 3 minutes or until cereal softens. Add egg whites and oil; beat well. Add flour mixture, stirring only until combined. (Batter will be thick). Portion batter evenly in twelve muffin pan cups coated with cooking spray. Lightly sprinkle each muffin with reserved sugar and cinnamon mixture.
4. Bake at 400 degrees about 20 minutes or until golden brown. Serve warm

Serving size: 1 muffin, Calories 180, fat calories 35, Cholesterol 0, sodium 10 %, Carbohydrates 34 grams, fiber 2 grams, sugars 18 grams, protein 3 grams.