



# Pumpkin Cranberry Muffins



Where service *and savings* matter.

**SERVINGS:** 24 Muffins

**INGREDIENTS:**

- 1 ¾ cups (9 ½ oz) whole wheat flour
- 1 ¼ cups (6 ¼ oz) all-purpose flour
- 1/8 tsp ground cloves
- ¼ tsp ground ginger
- ½ tsp ground cinnamon
- 2 ½ tsp baking soda
- 1 ½ tsp salt
- 1 ½ cups (12 oz) packed brown sugar
- 1-15 oz can Food Club pumpkin
- 4 eggs
- ¾ cup (5 ¾ fl oz) Food Club canola oil
- ¼ cup (2 ¼ fl oz) unsweetened applesauce
- ½ cup (4 ¼ fl oz) fat free milk
- 1 cup fresh or dried cranberries, chopped

**NUTRITIONALS**

Nutritional analysis per serving:  
 calories 190, calories from fat 70,  
 total fat 8g, saturated fat 1g,  
 cholesterol 35mg, sodium 300mg,  
 total carbohydrate 26g,  
 dietary fiber 2g, sugars 13g,  
 protein 3g, vitamin A 50%, vitamin  
 C 2%, calcium 2%, iron 8%

**DIRECTIONS:**

1. Preheat the oven to 350°F. Grease two 12-muffin pans or line them with muffin cups.
2. Combine the flours, spices, baking soda, and salt in a large bowl. In a separate bowl, beat together the sugar, pumpkin, eggs, oil, applesauce, and milk until just blended.
3. Combine the wet ingredients with the dry until just moistened; fold in the cranberries.
4. Pour the batter into the prepared pan and bake for about 25-30 minutes, or until a tester comes out clean. Let the bread rest for 10 minutes, then remove it from the pan and cool on a wire rack.

Tip: Store muffins in refrigerator to preserve freshness if not eaten within a day. Muffins may also be frozen.

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## Shopping List

**PRODUCE:**

- 1 cup fresh or dried cranberries

**DAIRY:**

- Eggs
- Fat free milk

**SPICES/SEASONINGS:**

- Cloves
- Ginger
- Cinnamon
- Salt

**GROCERY/FROZEN/MISCELLANEOUS:**

- Whole wheat flour
- All-purpose flour
- Baking soda
- Brown sugar
- 1-15 oz can Food Club pumpkin
- Food Club canola oil

FOLD