

Cinnamon Sugared Pumpkin Pecan Muffins

Makes: 12 Servings

Total Cost: \$2.86

Serving Cost: \$0.24

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 unit 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 into prepared pan and sprinkle with pecans and sugar-cinnamon mixture.
6. Bake for 20-25 minutes or until a toothpick comes out clean.

Nutrition Information

for 1/6 of recipe (252g)

Key Nutrients Amount % Daily Value

Total Calories NA

Total Fat NA

Protein 9 g

Carbohydrates 55 g 18%

Dietary Fiber 5 g 20%

Saturated Fat NA

Sodium NA

Nutrients Amount % Daily Value

Total Calories NA

Protein 9 g

Carbohydrates 55 g 18%

Dietary Fiber 5 g 20%

Total Sugars 25 g

Total Fat NA

Saturated Fat NA

Cholesterol 65 mg 22%

Minerals

Calcium 20%

Sodium NA

Iron 10%

Vitamins

Vitamin A 6%

Vitamin C 10%



Cornell University
Cooperative Extension

Cornell University Cooperative Extension provides equal program and employment opportunities. Please contact our office if you have any special needs.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. USDA is an equal opportunity provider and employer.