

Pumpkin Spice Muffins

Makes 10 muffins

2 cups whole-wheat flour or whole-wheat pastry flour

1/2 cup sugar

1 tsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1/2 tsp. cinnamon

1/4 tsp. ground nutmeg

1 15-ounce can solid-pack pumpkin

1/2 cup water

1/2 cup raisins

Vegetable oil spray

Preheat oven to 375°F.

Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add pumpkin, water, and raisins. Stir until just mixed.

Options include: mix ½ cup chocolate chips, add ½ cup pecans or walnuts in the batter or, sprinkle raw pumpkin and sesame seeds on top of the batter.

Spoon batter into vegetable oil sprayed muffin cups, filling to just below tops. Best results use the rubberized flexible muffin and bread pans (no spray needed) and muffins turn out moister. Note: adding any of the options does increase the fat content of the muffin.

Bake 25 to 30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand 5 minutes in pan. Remove muffins from pan and cool on a rack. Store cooled muffins in an airtight container.