



## **Pumpkin Muffins**

Low Fat, Heart Healthy

12 muffins

### **Ingredients**

- 1 ½ cups raisins
- 4 ¾ cups all-purpose flour
- 4 cups of white sugar
- 1 ½ tsp. baking powder
- 1 ½ tsp. baking soda
- 1 ½ salt
- 1 ½ tsp. nutmeg
- 1 ½ tsp. cinnamon
- 1 ½ tsp. ground cloves
- 6 eggs
- 1 (29 ounce) can pumpkin
- 1 cup unsweetened applesauce
- 1 cup chopped walnuts

### **Preparation**

1. Preheat oven to 350 degrees.
2. Grease three 12 cup muffin pans, or line with paper muffin liners.
3. Soak raisins in hot water for 10 minutes to plump, and then drain.
4. In a large bowl, combine flour, sugar, baking powder, baking soda, salt, nutmeg, cinnamon, and ground cloves.
5. In a separate bowl, mix eggs, pumpkin, and applesauce, until smooth.
6. Add this mixture to the dry ingredients and stir thoroughly to make a smooth batter.
7. Stir the raisins and walnuts into the batter.
8. Spoon batter into the prepared muffin cups.
9. Bake 30 to 35 minutes, or until tester inserted into centers comes out clean.