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## Pumpkin Raisin Muffins

(From "Cook Great Food by Dietitians of Canada", 2001, recipe by Tracy Nash) *These muffins are loaded with vitamin A from the pumpkin. This recipe makes a large batch so you can put some in the freezer for quick additions to lunches.*

### Makes 24 Muffins

#### What you need:

1 can (14 oz or 398 ml) pumpkin purée (*not* pie filling)  
1/2 cup vegetable oil  
2 cups buttermilk or sour milk\*  
2 cups whole wheat flour  
1-1/2 cups all purpose flour  
1 tsp ground nutmeg  
1 tsp ground ginger  
1/4 tsp salt  
1 cup sugar  
4 tsp baking powder  
1 tsp baking soda  
1 tbsp ground cinnamon  
1-1/2 cups raisins  
3 egg

*\*to make sour milk add 4 tsp lemon juice or vinegar to 2 cups milk and let stand 5 minutes*



#### How you prepare:

Blend pumpkin, oil, buttermilk and eggs. Add remaining ingredients and stir **JUST UNTIL COMBINED**. Avoid over mixing. Spoon batter into two 12-cup muffin tins. Bake for 18-22 minutes at 375 degrees.

#### Per Serving:

Calories 191  
Carbohydrates 33 g  
Protein 4 g  
Fat 6 g  
Dietary Fiber 3

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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