

Pumpkin Apple Muffins

Yield: 12 min
Total Time: 38 min

Recipe from: <https://www.recipeschoose.com/recipes/pumpkin-apple-streusel-muffins-recipes>

Ingredients:

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 1/4 cups sugar
- 1 1/2 teaspoons Spice Islands Pumpkin Pie Spice
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon Argo Baking Powder
- 1 cup canned pumpkin
- 1 apple cored and shredded, about 1 cup
- 1/3 cup Mazola Corn Oil
- 1 egg
- 1 teaspoon Spice Islands Pure Vanilla Extract
- 1/2 cup dried cranberries OR golden raisins OR chopped dried apricots
- 2 tablespoons flax seed
- 1/4 cup chopped walnuts

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 20 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 160 milligrams
9. Sugar: 24 grams

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