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Pumpkin Spice Muffins

Yield: 11 min Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/southern-living-pumpkin-muffin-recipe

Ingredients:

- 3 cups flour
- 2 tablespoons pumpkin pie spice
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 3 cups sugar
- 14 ounces pumpkin
- 4 eggs
- 1/2 cup oil
- 1/2 cup orange juice or water

Nutrition:

- 1. Calories: 470 calories
- 2. Carbohydrate: 85 grams
- 3. Cholesterol: 75 milligrams
- 4. Fat: 12 grams
- 5. Fiber: 2 grams
- 6. Protein: 6 grams
- 7. SaturatedFat: 1.5 grams
- 8. Sodium: 580 milligrams
- 9. Sugar: 56 grams

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