



Pumpkin Muffin With Streusel

Tom's Turkey Drive 2018



Ingredients



- | | | |
|--------------------------------|-------------------------|--------------------------|
| • 1 1/2 cup white flour | • 1 cup brown sugar | Streusel Topping: |
| • 1 cup whole wheat flour | • 1 cup white sugar | |
| • 1/2 cup oats | • 2/3 cup vegetable oil | |
| • 1 1/2 Tbsp Pumpkin pie spice | • 1/2 cup applesauce | |
| • 1 tsp baking soda | • 3 eggs | |
| • 1 tsp Baking powder | • 1 tsp vanilla | |
| • 1 tsp salt | | Yield: 18 muffin |
| • 1-15oz can of pumpkin puree | | Serving Size: 1 muffin |



Directions



1. Preheat oven to 350 degrees and line 18 muffin cups with paper liners.
2. Combine the flours, oats, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl and whisk.
3. Whisk the pumpkin puree, a cup of brown sugar and white sugar, vegetable oil, applesauce, eggs, and vanilla together in a separate bowl. Stir flour mixture into the pumpkin mixture; mix well.
4. Streusel Topping: Beat 1/4 brown sugar and butter together until creamy and then whisk in the oats and flour until crumbly.
5. Pour the batter into the muffin pan and sprinkle each muffin with the streusel topping.
6. Bake for 25-35 minutes until a toothpick is inserted into the center of a muffin and comes out clean.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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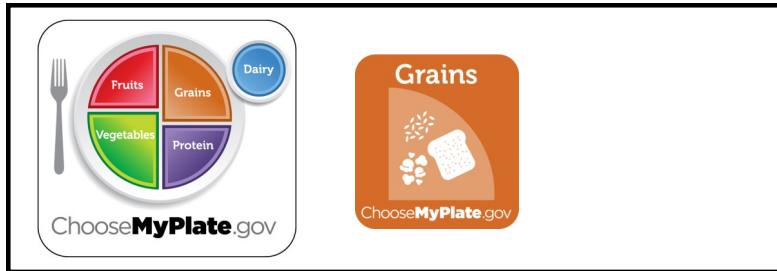
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Fast Facts



Featured Food Groups



Cooking Tips



- Make sure to grease your muffin pans or use cupcake liners
- Add shredded zucchini or shredded carrots to enhance texture and taste
- Pair with low-fat or fat free milk

Nutrition Facts



Nutrition Facts	
18 servings per container	
Serving size	1 muffin
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.4g	12%
Trans Fat 0.1g	
Polyunsaturated Fat 2.6g	
Monounsaturated Fat 5.16g	
Cholesterol 45mg	15%
Sodium 320mg	14%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 26g Added Sugars	52%
Protein 4g	8%
Vitamin D 0.2mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 94mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

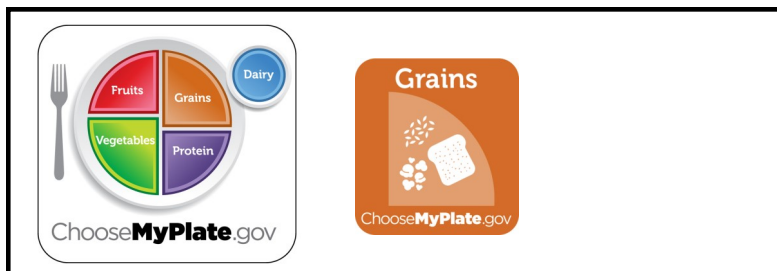
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