



Healthy Pumpkin Cranberry Muffins

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

55 mins

Description

These pumpkin and cranberry muffins are healthy delicious and lowfat Dont let the long ingredient list fool you these tasty treats are easy to prepare with whole grains oats and more

Ingredients

— - ½ cup milk - 1 ½ teaspoons white vinegar - ½ cup whole wheat flour - ½ cup all-purpose flour - ½ cup quick cooking oats - 1 teaspoon baking soda - ¾ teaspoon ground ginger - ½ teaspoon baking powder - ½ teaspoon ground cinnamon - ¼ teaspoon ground nutmeg - ¼ teaspoon salt - 1 cup canned pumpkin - ½ cup packed brown sugar - ¼ cup white sugar - 2 tablespoons vegetable oil - 1 large egg - ½ cup coarsely chopped fresh cranberries - ¼ cup dried cranberries

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Line 12 muffin cups with paper liners. Stir milk and vinegar together in a small bowl. Mix whole wheat flour
2. all-purpose flour
3. oats
4. baking soda
5. ginger
6. baking powder
7. cinnamon
8. nutmeg
9. and salt in a large bowl. Whisk pumpkin
10. brown sugar
11. white sugar
12. vegetable oil
13. and egg together in a separate bowl; beat in milk mixture until smooth. Stir flour mixture into pumpkin mixture until just combined. Fold in fresh and dried cranberries. Spoon batter into the prepared muffin cups. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean
14. about 25 minutes. Cool muffins in the pan for 5 minutes before removing to wire rack to cool completely. Tips Milk and vinegar mixture is a simple substitute for buttermilk
15. which I seldom have on hand in my kitchen. 1/2 cup buttermilk could be used instead. Feel free to change the ratio of dried to fresh cranberries to adjust sweetness
16. or substitute nuts
17. chocolate chips
18. or other dried fruit.