

Addictive Pumpkin Muffins

**Submitted by:**

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Rated: 4 out of 5 by 68 members**Prep Time:** 15 Minutes**Cook Time:** 35 Minutes**Ready In:** 1 Hour**Yields:** 12 servings

"A low-fat version of a pumpkin bread recipe using no oil. Try using a heat stable sugar substitute for half of the sugar for an even healthier treat."

INGREDIENTS:

1/2 cup raisins	1/2 teaspoon cinnamon
1-1/2 cups and 1 tablespoon all-purpose flour	1/2 teaspoon ground cloves
1-1/3 cups white sugar	2 eggs
1/2 teaspoon baking powder	1/3 (29 ounce) can pumpkin
1/2 teaspoon baking soda	1/3 cup unsweetened applesauce
1/2 teaspoon salt	1/3 cup chopped walnuts
1/2 teaspoon nutmeg	

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 C). Grease three 12 cup muffin pans, or line with paper muffin liners. Soak raisins in hot water for ten minutes to plump, then drain.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda, salt, nutmeg, cinnamon, and ground cloves. In a separate bowl, mix the eggs, pumpkin, and applesauce, until smooth. Add this mixture to the dry ingredients and stir thoroughly to make a smooth batter. Stir the raisins and walnuts into the batter. Spoon batter into the prepared muffin cups.
3. Bake for 30 to 35 minutes in the preheated oven, or until a toothpick inserted into the center comes out clean.