Pumpkin Puffs

This sweet treat is a great source of vitamin A for healthy skin and eyes.

Ingredients

- 2 tablespoons powdered sugar
- ½ teaspoon ground cinnamon
- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- ½ cup brown sugar
- ¼ cup white sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon pumpkin pie spice
- ½ cup milk
- 1 cup pumpkin puree
- ¼ cup unsweetened applesauce
- 1 egg
- ½ teaspoon vanilla
- ¾ cup dried fruit (raisins, cranberries etc.)
- Cooking spray

Directions

1. Preheat oven to 350 degrees.
3. In a separate large bowl add all other ingredients except dried fruit. Mix well.
4. Gently stir in dried fruit.
5. Line each muffin cup with paper liners or spray each cup with cooking spray.
6. Fill each muffin cup ¾ full with the batter.
7. Bake for 14 – 20 minutes, until a puff will spring back when tapped in the middle.
8. Remove from oven and dust with the powdered sugar and cinnamon mixture.
9. Let cool before removing from muffin pan.

Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyyouth