Ingredients

Muffins:
- Cooking spray
- ¼ cup canola oil
- ½ cup honey
- 2 eggs
- 1 cup pumpkin purée
- ½ cup plain non-fat yogurt
- 2 teaspoons vanilla extract
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 teaspoons pumpkin pie spice
- 2¼ cups whole wheat pastry flour
- ¾ cup raisins
- ½ cup walnut pieces (optional)

Topping:
- ½ cup old-fashioned oats
- 1 tablespoon whole wheat pastry flour
- 1 tablespoon canola oil
- 2 teaspoons honey
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 325 degrees and grease openings of your muffin tin with cooking spray.
2. In a large bowl, add all the wet ingredients and beat well.
3. In a separate bowl, add all the dry ingredients except raisins and walnuts and mix with a fork until well combined.
4. Slowly add the dry mix to the wet mix, stirring gently with a large spoon, just until combined.
5. Fold in raisins and walnuts, if using.
6. In a small bowl, mix all the topping ingredients together with a fork until crumbly.
7. Divide the batter evenly between the muffin cups, then sprinkle each muffin with topping.
8. Bake for 22 to 27 minutes, or until muffins spring back when tapped.
9. Remove from oven and cool in the muffin tin for at least 10 minutes before removing.
10. Enjoy immediately!

Nutrition Facts

Serving Size 1 Muffin
Servings Per Recipe 18

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 190</th>
<th>Calories from Fat 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>150mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>28g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>14g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td></td>
</tr>
</tbody>
</table>

- Vitamin A 45%
- Vitamin C 2%
- Calcium 6%
- Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat
- Less than 65g
- Less than 20g
- Less than 300mg
- Less than 2,400mg

Saturated Fat
- Less than 80g
- Less than 25g
- Less than 300mg
- Less than 2,400mg

Cholesterol
- Less than 2,000mg
- Less than 2,500mg

Sodium
- Less than 375g
- Less than 30g

Total Carbohydrate
- Less than 300g
- Less than 375g

Dietary Fiber
- Less than 25g
- Less than 30g

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Please note: nutritional values are approximate.

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