

## C's Golden Pumpkin-Walnut Muffins

This recipe makes 1 dozen regular size muffins

1 muffin = 3 units carbs & fat / 1 unit protein

-I always double this recipe-

### Ingredients:

3/4 cup all-purpose flour  
3/4 cup whole wheat flour  
2 scoops MRM Vanilla Low-Carb Protein Powder  
1 tsp. baking soda  
3/4 tsp. ground ginger  
1/2 tsp. baking powder  
1/2 tsp. ground cinnamon  
1/4 tsp. salt  
1/8 tsp. cloves  
1/2 cup Splenda Sugar (the 50/50 granular blend)  
1 cup canned pumpkin  
1/2 cup \*low-fat buttermilk  
2 Tbsp. Splenda Brown Sugar  
3 Tbsp. canola oil  
1/2 cup liquid egg replacement  
1/2 cup golden raisins, chopped  
1/2 cup chopped walnuts, chopped

### **Preheat oven to 375°**

Lightly spray your muffin tins with canola oil cooking spray. Set aside.

### Directions:

**Step 1:** In a medium bowl, carefully measure out both flours and next 7 ingredients (through cloves); stir well with a whisk.

**Step 2:** In a large bowl, combine sugar and next 5 ingredients (through egg); beat with a mixer at medium speed for about 3 minutes.

**Step 3:** Add flour mixture to sugar mixture; beat on low just until combined. Do not over-mix. Fold in raisins and walnuts.

**Step 4:** Spoon batter into prepared muffin tins (3/4 full). Bake for 25 minutes or until muffins spring back when touched in the center. Remove baked muffins from tin immediately and cool on a wire rack.

\*(substitute regular 2 % milk w/1 Tbsp. lemon juice instead if you prefer)