

C's Golden Pumpkin-Walnut Muffins

This recipe makes 1 dozen regular size muffins

-I always double this recipe-

Ingredients:

1 ½ cups whole wheat white flour
2 scoops MRM Vanilla Low-Carb Protein Powder
1 tsp. baking soda
¾ tsp. ground ginger
½ tsp. baking powder
½ tsp. ground cinnamon
¼ tsp. salt
⅛ tsp. cloves
½ cup Splenda Sugar (the 50/50 granular blend)
1 cup canned pumpkin
½ cup *low-fat buttermilk
2 Tbsp. Splenda Brown Sugar
3 Tbsp. canola oil
½ cup liquid egg replacement
½ cup golden raisins, chopped
½ cup chopped walnuts, chopped

Directions: Preheat oven to 375°

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

Step 1: In a medium bowl, carefully measure out flour 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 (¾ full). Bake for 25 minutes, or until muffins spring back when touched in the center. Remove baked muffins from the muffin tin immediately and cool on a wire rack.

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