PUMPKIN-CRANBERRY MUFFINS

Recipe By: Shirley Scrafford

Servings: 12

Ingredients

1 1/2 cups all-purpose flour 1 teaspoon baking soda
3/4 teaspoon ground ginger 1/2 teaspoon baking powder
1/2 teaspoon ground cinnamon 1/4 teaspoon salt
1/8 teaspoon ground cloves 1 cup granulated sugar
1 cup canned pumpkin 1/2 cup 2% milk
2 Tablespoons plain low-fat yogurt 1/4 cup packed light brown sugar
2 tablespoons Suriny rice bran oil
1 large egg
2/3 cup sweetened dried cranberries -- chopped (such as Craisins)

Preheat oven to 375°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and next 5 ingredients (though cloves); stir well with a whisk.

Combine granulated sugar and next 5 ingredients (through egg) in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes). Add flour mixture to sugar mixture; beat at low speed just until combined. Fold in cranberries.

Place 12 paper muffin cup liners in muffin cups. Spoon batter into prepared cups. Bake at 375° for 25 minutes or until muffins spring back when touched lightly in center. Remove muffins from pan immediately; place on a wire rack.

Note: These moist muffins get a burst of sweet and sour notes from the cranberries. This recipe doubles easily to feed a crowd. These are best warm, but you can make ahead. Bake up to one month in advance, and place in a heavy-duty freezer bag.

Per Serving: 201 Calories; 3g Fat (13.8% calories from fat); 3g Protein; 41g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 186mg Sodium.

Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 1/2 Other Carbohydrates.