

What You Will Need

Pumpkins are inexpensive and attractive “props” for this lesson. Many varieties are easily found—from the tiniest to as large as you would like to tackle!

Equipment:

two large mixing bowls	whisk
wooden spoons	cooking spray or muffin papers
measuring cups—dry and liquid	muffin pans—regular or mini
measuring spoons	napkins

Ingredients:

Pumpkin Muffins

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 teaspoon pumpkin pie spice
1 cup canned pumpkin
1/2 cup sugar
1/3 cup lowfat milk
1/4 cup vegetable oil
1 large egg
1/2 teaspoon grated orange peel
1/2 cup raisins



Other Possible Activities:

- Guess the weight of a pumpkin
- Take a field trip to a pumpkin garden or farm
- Cut up a pumpkin—get into it!
- Share toasted pumpkin seeds



Pumpkin Party Muffins

**12 servings - 1 muffin each
or 36 mini-muffins**

2 cups all-purpose flour
 2 teaspoons baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 3/4 teaspoon pumpkin pie spice
 1 cup canned pumpkin
 1/2 cup sugar
 1/3 cup lowfat milk
 1/4 cup vegetable oil
 1 large egg
 1/2 teaspoon grated orange peel
 1/2 cup raisins

1. Preheat oven to 400 degrees F.
2. Spray muffin pan cups or use paper liners.
3. In a large bowl, combine flour, baking powder, baking soda, salt and pie spice. In other bowl, whisk pumpkin, sugar, milk, oil, egg, orange peel until smooth.
4. Add raisins, mix in. Stir mixture into dry ingredients just until combined.
5. Spoon into prepared pans.
6. Bake 20 minutes for large muffins, 10 minutes for mini-muffins.
7. Remove from pan and cool on wire rack.

Nutrition Facts

Serving Size 1 muffin (73g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 20mg	6%
Sodium 240mg	10%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	7%
Sugars 14g	
Protein 3g	
Vitamin A 60%	Vitamin C 2%
Calcium 6%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.