

High Fiber Pumpkin Muffins



Ingredients

1 cup all-purpose flour
1/2 cup whole wheat flour
1/4 cup sugar
1/2 cup brown sugar packed
1 1/4 teaspoons pumpkin-pie spice
1 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon Cinnamon
2 tablespoons flax seeds
2 carrots grated
1 small apple grated
1/2 dried cranberries
1 cup canned pumpkin
1/2 cup egg substitute
1/4 cup canola oil
1/4 cup applesauce
cooking spray

1. preheat oven to 375 degrees
 2. Lightly spoon flours into dry measuring cups, level with knife. Combine dry ingredients. Separately combine wet ingredients. Add pumpkin mixture to flour mixture stirring until moist. Spoon batter into muffin trays. I use Pam and muffin foils so they don't stick.
 3. Bake for 20 minutes
- Enjoy!!!!!!!!!!!!!!