

WHOLE WHEAT PUMPKIN MUFFINS

1-1/2 cups whole wheat flour

1/2 cup firmly packed brown sugar (*or truvia complete brown sugar*)

2 teaspoons baking powder

1 teaspoon pumpkin pie spice

1/2 teaspoon salt

1 egg

1/2 cup skim or 2% milk (*I used skim milk*)

1/2 cup canned pumpkin

1/4 cup oil

1/2 teaspoon grated orange peel (*I used dried grated orange peel*)

1/2 cup dried currants (*I used raisins*)

GLAZE (*I didn't use*)

1/4 cup powdered sugar

1 - 1-1/2 teaspoons orange juice

Preheat the oven to 375 degrees F. Line 12 muffin cups with paper liners or spray with nonstick cooking spray. Set aside.

In a large bowl, combine the flour, brown sugar, baking powder, pumpkin pie spice, and salt with a whisk. Make a well in the center. Set aside.

In a small bowl, beat the egg until foamy. Add the milk, pumpkin, oil, and orange peel. Mix well.

Add to the dry mixture, stirring just until most dry ingredients are moistened. Stir in currants or raisins.

Fill muffin cups 3/4 full.*

Bake for 15 to 18 minutes or until a toothpick comes out clean from the center. Immediately remove from pan to wire rack.

If you are adding the glaze, combine the powdered sugar and enough orange juice to make a glaze the consistency you want. Drizzle over warm muffins.

***I didn't add the glaze but instead sprinkled from a cinnamon-sugar mixture I keep using stevia for the sugar on top of each muffin before baking them.**

These muffins freeze really well. Allow to thaw in the refrigerator or use the microwave. You could also make mini-muffins if you wanted more from the recipe.