

Pumpkin Muffins

From Smart Cooking by Anne Lindsay. Makes 15 Muffins

$\frac{3}{4}$ cup	Natural bran
$\frac{3}{4}$ cup	Whole wheat flour
$\frac{3}{4}$ cup	Granulated sugar
$1\frac{1}{2}$ tsp.	Cinnamon
1 tsp	Baking powder
1 tsp	Baking soda
1 cup	Raisins
$\frac{1}{2}$ tsp	Salt
1 cup	Mashed/canned cooked pumpkin
2 eggs	Unbeaten
$\frac{1}{2}$ cup	Vegetable oil (Crisco)
$\frac{1}{2}$ cup	Plain yogurt or buttermilk

1. In bowl, combine bran, flour, sugar, cinnamon, baking powder, baking soda, salt and raisins and toss to mix.
2. Add pumpkin, eggs, oil and yogurt. Stir just until combined.
3. Spoon batter into paper lined, or non-stick, muffin tins.
4. Bake in 400°F oven for 25 minutes, or until firm to the touch.