**PUMPKIN MUFFINS**

**WOLF WELLNESS LAB**

**Ingredients**

- 1 1/2 cups all-purpose flour
- 1 tsp baking soda
- 3/4 tsp ground ginger
- 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/8 tsp ground cloves
- 2/3 cup chopped dried cranberries
- 1 cup granulated sugar
- 1 cup pumpkin puree
- 1/2 cup lowfat buttermilk
- 1/4 cup packed light brown sugar
- 2 tbsp canola oil
- 1 large egg

**Instructions**

Preheat oven to 375 F. Line a muffin tin with muffin wrappers or spray with nonstick cooking spray.

In a large bowl combine flour, baking soda, ginger, baking powder, cinnamon, salt, cloves, and cranberries.

In another large bowl combine sugar, pumpkin, buttermilk, brown sugar, canola oil and egg.

Make a well in the bowl of dry ingredients and pour in your pumpkin mixture.

Stir until just moist and fill muffin cups 1/2 to 3/4 full and bake for 16-18 minutes.

Enjoy!

**Additional Information**

- Prep time: 5-10 minutes
- Cook time: 16-18 minutes
- Total time: 30 minutes