



## Pumpkin Apple Muffins Yield: 18 servings

This recipe is perfect for this time of year. It uses apples and pumpkin, both at their peak during the fall months. Enjoy these for breakfast or as a snack.

### Ingredients

- 1 ¼ cups all-purpose flour
- 1 ¼ cups whole wheat flour
- 1 ¼ teaspoons baking soda
- ½ teaspoon salt
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 1 ¼ cups honey
- 2 large eggs
- 1 ½ cups fresh pureed pumpkin or canned pumpkin
- ½ cup canola oil
- 2 cups Granny Smith apples, finely chopped

### Directions

1. Combine chicken or turkey, brown rice, apples, celery, cranberries, and nuts in a large bowl. Mix well.
2. Add the mayonnaise and yogurt. Cover and refrigerate for at least 2 hours before serving. Serve over a bed of fresh salad greens.

### Nutrition Information

Nutrition information per serving (1 cup serving size): Calories – 238; Protein – 15 g; carbohydrate – 18 ;, fiber – 2 g; fat – 11 g; cholesterol – 40 mg; sodium – 272 mg