

*Pumpkin Surprise
Muffins*

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Serves 12



PUMPKIN SURPRISE MUFFINS

Serves: 12

Portion Size:

2 Muffins

Ingredients:

8 ounces Cream Cheese Low-fat

3 each Eggs

3 Tbsp Splenda® (or equivalent)

1 ¾ cup Sugar

2 cups Flour

1 Tbsp Cinnamon Ground

2 tsp Baking Powder

¼ tsp Baking Soda

1 ¼ cup Pumpkin Puree Canned

1/3 cup Applesauce Unsweetened

2 tsp Vanilla Extract



Instructions:

Heat oven to 375°F, and line muffin tins with paper cups or grease muffin pan.

Set aside.

In a small bowl, mix softened cream cheese, one egg, and Splenda® together. Set aside.



In a medium-size mixing bowl combine two eggs, pumpkin, applesauce, and vanilla extract.



In a separate bowl, mix your dry ingredients together, the sugar, flour, cinnamon, baking powder, baking soda.



Add your dry ingredients into the pumpkin mixture, but don't mix too much, just until completely moist.

For more information or to find our complete cookbook, visit our page at www.renaldiethq.com/dialysiscookbook



Spoon half your batter into the 24 muffin cups. Spoon a dollop of cream cheese mixture on top of the pumpkin mixture in each muffin cup, and then top with the rest of the pumpkin mixture. Muffin cups should be about three quarters of the way full.



Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean.

Two muffins equal one serving

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Nutritional information per serving:

Calories: 260, Protein: 6 g, Carbohydrate: 51 g, Dietary Fiber: 2 g, Total Fat: 4.5 g, Saturated Fat: 2 g, Cholesterol: 55 mg, Calcium: 97 mg, Phosphorus: 103 mg, Potassium: 149 mg, Sodium: 200 mg

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 2 (116g) Servings 12 Calories 260 Fat Cal. 40	Total Fat 4.5g	8%	Total Carb. 51g
	Sat. Fat 2g	10%	Fiber 2g	8%
	Trans fats 0g		Sugars 32g	
	Cholest. 55mg	20%	Protein 6g	
	Sodium 200mg	8%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 80%	Vitamin C 2%	Calcium 10%	Iron 10%