



## Sunflower Pumpkin Muffin



### Ingredients:

1 cup all-purpose flour  
1/2 cup firmly packed brown sugar  
2 teaspoons baking powder  
1 teaspoon pumpkin pie spice  
1/4 teaspoon baking soda  
3/4 cup canned pumpkin  
1 large egg, slightly beaten  
1/4 cup milk  
1/4 cup sunflower oil  
1 cup old-fashioned rolled oats  
1/2 cup roasted sunflower kernels

### Topping:

1 tablespoon margarine, melted  
1/3 cup firmly packed brown sugar  
3 tablespoons roasted sunflower kernels  
1 tablespoon flour  
1/4 teaspoon pumpkin pie spice

### Directions:

Preheat oven to 425°F.

In large bowl, combine flour, sugar, baking powder, pumpkin pie spice, salt and soda. Mix well. In a separate bowl, combine pumpkin, egg, milk and oil; add to dry ingredients and stir only until ingredients are combined. Stir in oats and kernels. Fill muffin cups 3/4 full.

Topping: Combine all of the ingredients, stir until crumbly and sprinkle over muffins.

Bake 18 to 20 minutes.

Servings: 12 muffins    Calories/Serving: 230

Nutrition: One serving provides approximately: 230 calories, 5 g protein, 31 g carbohydrates, 10 g fat (2 g saturated), 2 g fiber, 18 mg cholesterol, 41 mcg folate, 2 mg iron, 269 mg sodium.

Source: National Sunflower Association