

# WEEK TWO

## OPTIONAL WEEKEND PROJECT

### ORANGE-DATE PUMPKIN MUFFINS

1 cup whole-wheat flour  
1 cup all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
½ teaspoon ground cinnamon  
1 large seedless orange, scrubbed and cut into 8 sections  
(peel left on)  
1 large egg  
1 large egg white  
⅔ cup canned unseasoned pumpkin puree  
½ cup packed light brown sugar or ¼ cup Splenda Sugar Blend for Baking  
¼ cup honey  
3 tablespoons canola oil  
¾ cup chopped pitted dates  
3 tablespoons chopped walnuts or pecans

Preheat oven to 400°. Coat 12 standard 2 ½-inch muffin cups with cooking spray.

Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt and cinnamon in a large bowl.

Puree orange sections in a food processor. Add egg, egg white, pumpkin, sugar (or Splenda), honey and oil; process until mixed. Make a well in the center of the dry ingredients; add the wet ingredients and dates, and stir with a rubber spatula until just combined. Scoop the batter into the prepared pan and sprinkle with nuts.

Bake the muffins until the tops spring back when touched lightly, 18 to 20 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

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Serves 12  
Active Time: 30m  
Total Time: 1h 15m

### NUTRITION FACTS

Amount per serving:  
Calories: 226  
Total Fat: 6g  
Saturated Fat: 1g  
Monounsaturated Fat: 3g  
Cholesterol: 16mg  
Sodium: 283mg  
Carbohydrates: 42g  
Dietary Fiber: 3g  
Total Sugars: 22g  
Added Sugars: 15g  
Protein: 5g  
Potassium: 207mg