Cranberry Pumpkin Muffin

**Ingredients:**
- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

**Directions:**
Wash hands with soap and water. Preheat oven to 400 °F. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs, and pumpkin together until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake at 400 °F for 15 to 30 minutes.

Per serving: 203 calories, 7g fat, 3g protein, 32g carbohydrate, 2g fiber, 255 mg sodium

Source: laxf2s.org