

# Z Trim Pumpkin Muffin

Grains/Breads

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Recipe # 08-042

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
ZTRIM CORN FIBER	0.456	Oz.	0.912	Oz.	<ol style="list-style-type: none"> <li>Premix Z TRIM Powder with the water in a blender until gel like mixture.</li> <li>Sift the flour, baking soda, baking powder, salt, and spices together twice. Set aside.</li> <li>Cream the sugar, oil and Z Trim gel together until fluffy. Add the pumpkin and eggs to the creamed mixture.</li> <li>Fold in the dry ingredients being careful not to over mix.</li> <li>Stir in the orange juice.</li> <li>Scoop into well greased muffin pans.</li> <li>Bake at 350F until brown and firm, approximately 20-25 minutes. Muffins should still be moist and steamy inside.</li> </ol>
Water	10.92	Oz.	21.84	Oz.	
Granulated Sugar	10.42	Oz.	20.84	Oz.	
Soybean Oil	4.17	Oz.	8.34	Oz.	
Eggs, Beaten	7.30	Oz.	14.60	Oz.	
Pumpkin Puree	2.08	Lbs.	4.16	Lbs.	
All Purpose Flour	1.30	Lbs.	2.60	Lbs.	
Baking Soda	4.17	Tsp.	8.34	Tsp.	
Salt	2.08	Tsp.	4.16	Tsp.	
Baking Powder	2.08	Tsp.	4.16	Tsp.	
Nutmeg	2.08	Tsp.	4.16	Tsp.	
All Spice	2.08	Tsp.	4.16	Tsp.	
Cinnamon	2.08	Tsp.	4.16	Tsp.	
Cloves, ground	2.08	Tsp.	4.16	Tsp.	
Orange Juice	12.50	Fl. Oz.	25.00	Fl. Oz.	

## Nutrients Per Serving 59 gram ( 1 muffin)

<b>Calories</b>	120	<b>Saturated Fat</b>	0g	<b>Iron</b>	4%
<b>Protein</b>	2g	<b>Cholesterol</b>	20mg	<b>Calcium</b>	2%
<b>Carbohydrate</b>	20g	<b>Vitamin A</b>	35%	<b>Sodium</b>	250mg
<b>Total Fat</b>	3g	<b>Vitamin C</b>	2%	<b>Dietary Fiber</b>	2g