

Low Fat Muffins

1 box spice cake mix

1-15oz can pure pumpkin

1 cup water

Mix water with cake mix first & then add pumpkin

Makes 24

350 - 18 - 21 minutes

Can do drop cookies

100 calories

Varees -

① Use $\frac{1}{2}$ milk + $\frac{1}{2}$ water + 1 egg.

② Shredded carrot, raisins