

Pumpkin Spice Muffins with Flax

Ingredients:

- * 1 box spice cake mix
- * 1 can pumpkin pie mix
- * 1/4 cup ground flax
- * 1/2 cup raisins



Directions:

Combine cake mix, pumpkin pie mix, flax, and raisins in a bowl and mix well. Spoon batter into greased muffin cups (use regular or mini muffin tins). Bake at 350° for 20 - 25 minutes.

Baking Time: 20 - 25 minutes

Yield: 24 muffins or 48 mini muffins

Pumpkins are loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta-carotene performs many important functions in overall health.