

HARVEST PUMPKIN SPICE MUFFINS



Makes 12, (1.5oz/41g) large muffins

Dry Ingredients:

- 2 cups whole wheat flour (fluff & spoon into dry measuring cup; level off)
- 3 tablespoons yellow cornmeal
- 2/3 cup packed brown sugar
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon ground ginger*
- 1/4 teaspoon ground nutmeg*
- 1/8 teaspoon cloves*

Wet ingredients:

- 1 cup cooked unseasoned pumpkin or squash puree (may be canned)
- ½ cup milk
- ¼ cup butter, melted
- 2 tablespoons vegetable oil
- 1 large egg

Add-in Options:

- ½ cup chopped walnuts OR toasted pumpkin kernels OR dried cranberries or cherries

**OR 1 teaspoon Pumpkin Pie Spice blend*

Here's what you'll do:

Read the recipe, gather ingredients and tools and wash hands.

1. Preheat the oven to 400 ° F. Line 12 muffin cups with paper liners or spray bottoms of muffin cups.
2. In a medium mixing bowl measure the dry ingredients. Stir to blend with a wire whisk.
3. Beat the first four wet ingredients together for 2 minutes. Add the egg; beat until fluffy. Add the pumpkin and milk; blend on low.
4. Stir in the dry ingredient mixture and mix just until all the ingredients are combined. No need to beat. Stir in your the add-in options.
5. Use an ice cream or muffin scoop to scoop batter into muffin cups, filling each cup 2/3 full.
6. Bake muffins at 400°F. 18-20 minutes, until centers of muffins are done-- center tests done at (200° F).
7. Remove muffins from pan and cool on wire rack. Serve warm with honey butter or after cooled, wrap and freeze.

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