

Spiced Pumpkin Muffins

Makes 12 muffins

Vegetable oil, for preparing muffin pan
1 ½ wheat or spelt flour
½ cup brown sugar
2 ½ tsp baking powder
1 tsp cinnamon
1 tsp ground ginger
½ tsp cloves
½ tsp salt
½ cup nuts, chopped (pecan, walnuts, pumpkin seed or similar)- optional
1 ¼ cup pumpkin, cooked and pureed
1 cup milk (or soy milk)
2 eggs
6 tbsp butter, melted



Local Ingredients:

Butter

Eggs

Milk

Pumpkin

Wheat Flour



Preheat oven to 375 degrees, and oil muffin pan. Mix together the flour, sugar, baking powder, spices and salt. Mix in half the nuts, if using. In separate bowl, whisk pumpkin, milk, eggs and melted butter. Add wet ingredients to the dry ingredients and mix until just incorporated. Spoon the batter into the muffin pan and top with remaining nuts, if using. Bake until the muffins are golden and a tester inserted in the centre comes out clean, about 25 minutes. Remove muffins from pan and allow to cool.

Also great with 1/3 cup chocolate chips or unsweetened carob chips!

Adapted from Bon Appetit Cookbook