

Pumpkin Muffins

Makes 12 muffins

Ingredients

- 1¾ cup flour (for extra fibre use 1 cup all-purpose and ¾ cup whole wheat flours)
- ½ cup sugar
- ½ cup brown sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons cinnamon
- ¼ teaspoon cloves
- ¼ teaspoon nutmeg
- 2 eggs
- 2 cups pumpkin puree (homemade or canned)
- ½ cup canola or vegetable oil (or melted butter)
- 1 teaspoon vanilla

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Measure out the flour, sugars, baking soda, salt and spices in a medium bowl and whisk together. Set aside.
3. In another bowl, whisk together the eggs, pumpkin puree, oil, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir together. Do not over mix. Stir just until everything is incorporated into the batter.
5. Spray or grease a muffin pan or add muffin liners. Scoop batter into each muffin cup until nearly full. Using a large scoop (like an ice cream scoop) will help to evenly distribute the batter. This will also give your muffins a nice puffy dome
6. Bake for approximately 20 minutes. They are finished when a toothpick inserted into the centre of a muffin comes out clean.
7. Remove the muffins from the oven and cool in the pan for 5 minutes before transferring to a rack to cool completely.

Are You In?



Find Out More:

Choose Fruit!

- **Go sweet** – Roasting squash makes it taste just like candy and can be added to salads, rice bowls or use as a side dish.
- **Go savoury** – Winter squash has a rich, full flavour which is great for pairing with savoury spices like curry, ginger and garlic. Try adding pureed squash to anything traditionally cheesy like pumpkin macaroni and cheese, or stuffed squash with veggies and cheese.



Fresh Pumpkin Prep - Rinse and pat the pumpkin dry. Cut it in half and place flesh side down on a cookie sheet lined with foil or parchment paper. Roast in the oven at 350 degrees Fahrenheit for about 45 minutes or until it is soft when poked with a fork. Scoop out the flesh and mash or blend. Divide into 2 cup portions and freeze. You'll be able to easily thaw out the pumpkin you need to make this recipe through the winter. Other winter squash works great in this recipe too!

Did You Know?

"Gourd" Vibes Only

Pumpkins (and all the delicious winter squashes) are high in Vitamin A. Only one cup provides more than 200% of daily intake needs. They're also a great source of fibre and offer Vitamin K, copper and iron.