



Autumn Recipe III

Pumpkin Muffins

Makes 12

- 1 cup whole wheat pastry flour
- 1 cup unbleached white pastry flour
- 2 teaspoons aluminum-free baking powder
- 2 teaspoons *each* cinnamon and powdered ginger
- ¼ teaspoon unrefined sea salt
- 3 tablespoons light vegetable oil (I prefer Spectrum walnut oil)
- 1/2 cup pure maple syrup
- 1 cup soy milk (I prefer Eden brand)
- 1 teaspoon vanilla
- 1½ cups peeled pumpkin or squash (dark sweet squash such as kabocha has the best flavor and color), grated on large holes of grater
- ¼ cup currants

1. Preheat oven to 350°. Oil a muffin tin or line with muffin papers.
2. In a large bowl, mix dry ingredients. In a medium bowl, whisk wet ingredients with pumpkin or squash. Add wet mixture to dry and mix well. Makes 2½ cups batter. Pour batter into muffin cups.
3. Bake until muffins are golden and test done, about 35 minutes. Transfer pan to cooling rack for 5 minutes, then remove muffins from tins and let cool before serving. Nice with apple butter.

*Variation: **Gluten-Free Muffins:*** Substitute Bob's Red Mill Gluten-Free Baking Flour for pastry wheat flours.

Nutritional Analysis, for 12 servings, per serving:

Calories: 179 Protein: 3gm Saturated: 0.3gm Fiber: 2gm Carbohydrate: 33gm Fat: 4gm Cholesterol: 0 Sodium: 150mg
Calories from Protein: 7% Calories from Fat: 20% Calories from Carbohydrate: 74%