

Recipe of the Month:

Pumpkin Spice Muffins

A favorite of Peggy Robinson

Makes 10 to 12 muffins

2 cups whole wheat flour

1/2 cup sugar (or 3/4 cup date sugar)

1 Tbsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt (optional)

1/2 tsp. cinnamon

1 tsp. ground ginger

15-ounce can solid-pack

pumpkin **OR** 2 cups mashed yams or squash

2/3 cup unsweetened applesauce

1 tsp. vanilla extract

1/2 cup raisins

1/2 cup walnuts (optional)



Preheat the oven to 375°F. Mix the flour, sugar, baking powder, baking soda, salt, cinnamon, and ginger in a large bowl. Add the pumpkin, water, and raisins, and stir until just mixed.

Lightly oil-spray muffin pan and fill each cup to the top. Bake 25 to 30 minutes, until the tops of the muffins bounce back when pressed lightly.

Let stand 1 to 2 minutes, before removing from the pan. When cool, store in an airtight container in the refrigerator.

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