

PUMPKIN & ORANGE MUFFINS

Pumpkins are delicious and such a great addition to many baked breads, not just for the health benefits but the moisture qualities!! And...if you open a giant can of pumpkin puree and only need half, this is the perfect way to use the other half. This particular recipe has a yummy hint of orange and it is AMAZING!!

SERVINGS	SERVING SIZE	TIME TO MAKE
12	1 MUFFIN	45 MINUTES

INGREDIENTS

Dry Ingredients

- 1 ¾ Cup Gluten-Free 1-1 Baking Flour (or All Purpose Flour)
- ½ Cup Sugar
- 2 teaspoon Baking Powder
- 1 teaspoon Cinnamon, ground
- 1 teaspoon Nutmeg, ground
- ¾ teaspoon Salt

Wet Ingredients

- 1 Cup (~15 ounce can) Pumpkin Puree
- 2 Eggs, large
- ¾ Cup Milk (Half n' Half, Non-Dairy Alternative, all work well)
- 4 Tablespoons Butter, unsalted (room temp or melted)
- 2 teaspoon Orange rind, grated (~2 oranges)

DIRECTIONS

1. Preheat oven to 400 degrees F
2. Coat 12 cup muffin pan with butter or coconut oil or use cupcake liners
3. In a large bowl, mix dry ingredients (flour, sugar, baking soda, baking powder, cinnamon, nutmeg and salt) and mix well until ingredients evenly distributed
4. In a medium bowl, add pumpkin, eggs, milk, butter and orange rind. Mix well until ingredients are evenly distributed
5. Gently add 1/3 of the dry ingredients to the wet ingredients and gently mix.
6. Repeat this step until all ingredients are combined and gently mixed together.

7. Scoop ingredients into prepared muffin pan, filling about 1/2 to 2/3 full of each muffin tin.
8. Bake for about 20-25 minutes or until toothpick inserted comes out clean. Depending on size of muffin tin (smaller or larger) you may need to adjust the time.
9. Once removed from oven, leave in the muffin pan for about 5-8 minutes and then pop out onto a wire rack to continue to cool or enjoy nice and warm...just be mindful you don't burn your eager tongue (save that for moments of sweet endearment).
10. Enjoy!

Nutritional Information per serving: 152 Calories, 5 grams Fat, 3 gram Saturated Fat, 249 mg Sodium, 26 grams Total Carbohydrates, 2 gram Fiber, 10 grams Sugar, 2 grams Protein, 112% Vitamin A, 1% Vitamin C, 9% Calcium, 10% Iron