

Breakfast

Pumpkin Cranberry Muffins

**Vegetarian*

Here's a great recipe to use the wonderful fruits pumpkin and fresh cranberries! In recipes that call for canned pumpkin try using fresh pumpkin instead.

You'll Need

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cup sugar
- ¾ teaspoon cinnamon
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- A pinch of allspice
- ¼ teaspoon salt
- ¼ cup butter, softened
- 1 ¼ cups pumpkin; puree
- 1 egg
- 1 cup cranberries; cleaned; halved



Directions

- Preheat oven to 350.
- In a large bowl, combine the flours, sugar, cinnamon, baking powder, baking soda, allspice, and salt. Stir the ingredients to mix them well.
- Add the butter, pumpkin, and egg, stirring the ingredients till they are just moist.
- Stir in the cranberries.
- Spoon the batter into 24 greased muffin cups.
- Place the muffin tins in the hot oven.
- Bake for 40 minutes or till tester inserted in center comes out clean.

Play with Your Food

Try using fresh pumpkin in this recipe. Here is a simple way to make fresh pumpkin puree.

- Cut pumpkin open and scoop out the seeds. Cut into chunks and place pumpkin chunks face down in a baking dish. Add approximately a ½ inch of water to pan: this helps keep the pumpkin flesh moist.
- Bake at 450° until you can pierce the skin with a fork (about 45 minutes to an hour).
- Scoop flesh out of shell with a spoon. Puree the flesh in a blender or food processor. The basic goal is to try to remove lumps as much as possible.