



SPICED PUMPKIN MUFFINS

Season: Winter (or any if using frozen pumpkin)

From the garden: Pumpkin

Type: *Snack / dessert*

Difficulty: *Easy*

Serves: *12 mini muffins*

Source: Adapted from:

<https://www.thespruceeats.com/vegan-pumpkin-muffins-3378251>

Equipment

- Mini muffin trays
- Large bowl
- Measuring cups
- Measuring spoons
- Wooden spoon
- Small bowl
- Measuring jug
- Spatula
- Tablespoon
- Knife

Ingredients

- * Non-stick oil spray
- * 1 cup self raising flour
- * ¼ cup brown sugar

- * ¼ tsp baking soda
- * ½ tsp cinnamon
- * ½ tsp nutmeg
- * ¼ tsp salt
- * 1/2 cup milk or plant milk
- * 1 tsp vegetable oil

- * 3 tbsp maple syrup or apple syrup

- * ½ cup pumpkin puree

- * Optional: ¼ cup sliced almonds, sunflower seeds, or other nuts or seeds

- * Optional: ¼ cup raisins or dried cranberries or both

Method

1. Preheat the oven to 175 and spray mini muffin trays with non-stick spray.
2. Mix together the flour, sugar, baking powder, baking soda, cinnamon, nutmeg, and salt in a large mixing bowl.

3. In a separate small bowl, combine the soy milk, vegetable oil, maple (or apple) syrup, and pumpkin puree.
4. Pour the wet ingredients into the dry ingredients and combine. **DO NOT OVER-MIX** (muffins can become tough if the batter is over-stirred)
5. Mix in nuts, seeds, and dried fruit, if using.
6. Spoon the batter into muffin tins about $\frac{2}{3}$ full, then bake for 15 minutes approx.
7. **ADULT ASSISTANCE REQUIRED** - using oven mitts, carefully remove a tray from the oven. The muffins should be golden brown, and a chopstick or knife inserted in the center should come out clean. If not, keep them in the oven a few more minutes.
8. Serve and enjoy!

Skills: *Measuring, using sight and judgement to not overmix batter, testing doneness by appearance.*