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Persimmon Muffins

Although most of us think of pudding when we talk about persimmons, this beautiful orange-amber colored fruit can be used in many recipes. The sweet and slightly citrusy flavor of the persimmon works especially well in this super moist muffin recipe.

½ cup pureed persimmon pulp
½ teaspoon baking soda
1 egg, lightly beaten
2/3 cup whole milk
½ cup whole wheat flour
1 cup all purpose flour
½ cup packed brown sugar
2 teaspoons baking powder
½ teaspoon salt
1½ teaspoons cinnamon
¼ teaspoon grated nutmeg
½ cup walnut or pecan pieces
¼ cup raisins or dried tart cherries

Preheat oven to 375 degrees F.

Mix the persimmon pulp and the baking soda together in a small bowl.

Add the egg and milk to the persimmon mixture and blend well.

In a large mixing bowl, blend the two flours, brown sugar, baking powder, salt, cinnamon, and nutmeg.

Add the persimmon puree mixture to the flour mixture and stir well to combine.

Add the nuts and dried fruit and blend well to evenly distribute them in the batter.

Lightly grease a 6 cup giant muffin pan and distribute the batter evenly among the six cups.

Bake for 20-30 minutes or until a toothpick inserted into the center of one of the muffins comes out clean. Let stand for 5 minutes before removing them from the pan.

Makes 6 giant muffins.

Victoria Wessler

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