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## Great Pumpkin Muffins

*Along with ornamental pumpkins for Halloween carving and decorations, we always grow sugar pumpkins in our garden for making pies, soups, pumpkin butter and other fall goodies. This healthy muffin is a breakfast favorite of ours.*

1 cup all purpose flour  
¾ cup whole wheat flour  
¼ teaspoon baking powder  
1 teaspoon baking soda  
1 ¼ cup sugar  
½ teaspoon salt  
¼ teaspoon ground cloves  
½ teaspoon freshly grated nutmeg  
1 teaspoon cinnamon  
2 large eggs, beaten lightly  
1 cup pumpkin puree (fresh\* or canned)  
½ cup strained whole milk yogurt (Strain a cup of Trader's Point whole milk yogurt overnight through a coffee filter in a fine mesh strainer placed over a bowl in the fridge to remove most of the watery liquid before adding it to the mix. One cup of plain yogurt will make ½ cup strained.)  
1/3 cup water  
½ cup raisins or dried cranberries  
½ cup walnuts or pecans

Preheat oven to 350 degrees.

In a large mixing bowl sift together the dry ingredients.

Add the spices to the mixture and blend well.

In a smaller bowl whisk together the eggs, pumpkin, yogurt, and water.

Stir the wet ingredients into the dry ingredients and blend until well combined.

Add the raisins and gently fold them into the batter.

Spray a 6 cup "giant" muffin pan with cooking spray and fill each cup 2/3 full of the mix.

Bake for 25-30 minutes or until a toothpick inserted in the middle of one of the muffins comes out clean. Let stand for 5 minutes before removing them from the pan.

Makes 6 giant muffins. You can also make this in a loaf pan and bake it for 50-60 minutes.

\* To make fresh pumpkin puree, heat the oven to 400 degrees. Line a rimmed baking sheet with non-stick foil and spray it with cooking spray. Cut a sugar pumpkin in half and remove the seeds and stringy interior (ornamental pumpkins will not work for the recipe—be sure to buy a sugar pumpkin, sometimes referred to as a pie pumpkin, for culinary use). Lay the pumpkin halves cut side down on the foil and spray the skin side of the pumpkins with cooking spray. Bake for 45 minutes or until the pumpkins can be easily pierced with a fork. Remove from the oven and let the pumpkins cool completely. Scoop out the pulp and puree in a food processor. You should get a cup of puree for every pound of pumpkin.