**FESTIVE FALL PUMPKIN MUFFINS**

**From Tiffany Ludwig**

Lately I haven't been to a store or farm-stand without bringing home a pumpkin or two. Sure many for carving, but those unique heirloom squashes and cute sugar pumpkins are just begging to be baked into something yummy.

These muffins serve as breakfast, as delicious snacks and as gifts for anyone paying a visit. They bake up quick, freeze well and with all that pumpkin and spice taste just like fall should!

**Fall Pumpkin Muffins**

Makes 12 muffins.

**INGREDIENTS;** 1. 1 1/2 cup white whole wheat flour \*(1)  
2. 1 teaspoon baking powder  
3. 1/2 teaspoon baking soda  
4. 1/2 teaspoon salt  
5. 2 eggs  
6. 1 cup sugar  
7. 1 cup pureed pumpkin \*(2)  
8. 1/3 cup vegetable oil  
9. 1 1/2 teaspoon cinnamon  
10. 1/4 teaspoon ground ginger  
11. 1/4 teaspoon cloves  
12. 1/2 teaspoons nutmeg \*(3)

**DIRECTIONS:** Preheat your oven to 350°F. Prepare a muffin tray with either muffin cup liners or cooking spray.

Combine the dry ingredients (flour, baking powder, baking soda, salt) and blend with a whisk.

Next whisk together the eggs and sugar. Add the vegetable oil, pumpkin and spices until smooth. Add the dry ingredients mixing just until combined.

Fill all the muffin cups to an equal height. Sprinkle a little sugar on the top of each muffin batter. Bake until golden and until a wooden pick inserted into the center comes out clean, 25-30 minutes.

*\* Notes*

*1. You could alternatively use white flour or a mixture of whole wheat and white flour. I like white whole wheat flour because it has the lightness of white flour with more whole wheat nutritional value.*

*2. You can use canned pumpkin or fresh (which I prefer). A can is not a cup but 15 oz, but I always make my pumpkin a heaping cup anyway. And if you don't have pumpkin available you can substitute with butternut squash for nearly the same results. If you're using fresh pumpkins or squash, here's how I get them ready. This is very easy. Start with a small pumpkin, cut it in half and scrap the strings and seeds out. Place the pumpkin cut side down in a 9x13 inch dish and with about a 1/4 inch of water. It's done in about 40 minutes when the meat gives easily with a fork.*

*3. Always try to keep your spices fresh. It's worth it to use a whole nutmeg and grate it yourself as you need it.*