



Winter Squash Muffins with Pumpkin Spice

Adapted from This Runner's Recipes www.ThisRunnersRecipes.com

Yields 12

Ingredients:

- 1/2 Cup rolled oats
- 1/2 Cup milk of choice + 2 Tablespoons, divided
- 2 Cups flour (white whole wheat flour preferred)
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1/2 teaspoons cinnamon
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 1 1/2 Cups winter squash puree (see notes below)
- 1 large egg
- 3 Tablespoons oil
- 1/3 Cup to 1/2 Cup brown sugar (depending on desired sweetness)
- 2 Tablespoons maple syrup
- 1/2 medium apple, peeled, cored and cut into small chunks

Instructions:

Preheat your oven to 400 degrees Fahrenheit.

Soak the oats in 1/2 cup milk for 5 minutes to soften.

Combine the flour, baking powder, baking soda, cinnamon, pumpkin pie spice, and salt in a large mixing bowl.

In a separate mixing bowl, whisk together the reserved 2 T milk, winter squash puree, egg, oil, brown sugar and maple syrup.

Stir the oat and milk mixture into dry ingredients. Form a well in the center and pour in the wet ingredient mixture. Lightly stir together. Gently fold in the apple chunks. Do not overmix - batter will be lumpy.

Grease or line the cups of your muffin pans and divide the batter evenly amongst the 12 tins.

Bake for 14 - 16 minutes, until the domes are peaked and an inserted toothpick comes out clean.

Notes:

To puree winter squash, preheat oven to 400 degrees. Cut winter squash (Butternut, Kabocha, Red Kuri or other) in half lengthwise and scoop out seeds. Rub 1 T oil (or less) onto cut surfaces. Place squash, cut side down, on a baking sheet. Bake, uncovered roughly 45 minutes, until fork pierces skin easily. Let cool. Scoop out flesh and mash until desired smoothness. One medium squash will yield roughly 1 1/2 to 2 Cups puree.