

Squash Muffins



Ingredients:

- 1/2 pound peeled, seeded and cubed butternut squash
- 2 teaspoons pumpkin pie spice
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup sugar
- 3/4 cup milk
- 1 egg, beaten
- 1 tablespoon butter
- Cooking spray

Directions:

1. Preheat oven to 400 F.
2. Lightly spray a 12 cup muffin tin.
3. In a medium saucepan, boil squash for 20 minutes or until tender. Remove from heat, drain and mash until there are no lumps.
4. In a large bowl, whisk together the flour, baking powder, salt, and sugar.
5. In a medium bowl, combine the milk, egg and butter. Stir in the squash.
6. Fold the squash mixture into the flour mixture; do not over mix.
7. Spoon batter into muffin pan, about 1/2 full.
8. Bake for 20 minutes or until toothpick inserted in the center of the muffin comes out clean.
9. Remove muffins from tin and place on wire rack to cool.

Makes 12 servings.



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