

Spicy Pumpkin Muffins

Ingredients 12 muffins

- * 1/2 cups unbleached flour
- * 1/2 cup whole-wheat flour } 1 Cup regular flour
- * 1 tablespoon baking powder
- * 1/2 teaspoon salt
- * 2 teaspoons cinnamon
- * 1/2 teaspoon ground ginger
- * 1/2 teaspoon freshly grated nutmeg
- * 1/4 teaspoon ground cloves
- * 1 large egg
- * 1/2 cup light brown sugar
- * 1 cup fresh or canned pumpkin purée (see note)
- * 1/2 cup vegetable oil (use applesauce)
- * 1/2 cup milk
- * ~~3/4 cup raisins~~
- * 1/2 cup finely chopped walnuts

Preparation

1. Preheat the oven to 400 degrees F. Butter the insides and top of a regular-sized (1/3-cup) muffin pan.
2. In a large bowl, thoroughly combine the first 8 ingredients.
3. In a medium bowl, beat the egg. Beat in the brown sugar, then stir in the pumpkin, oil, and milk until well mixed.
4. Mix the pumpkin mixture into the dry ingredients until just combined. Don't overmix. Stir in the raisins and all but 2 tablespoons of the walnuts.
5. Spoon the batter into the muffin cups, then sprinkle the remaining walnuts on top of the muffins. Bake 15 to 17 minutes, or until a knife inserted in the center of a muffin comes out clean. Let sit 2 minutes before removing from pan. Serve warm or at room temperature, not hot.

Note: Leftover pumpkin purée can be frozen in 1-cup portions for future use.