

# PUMPKIN (GUT) MUFFINS

## INGREDIENTS

1-3/4 cups flour  
1-1/2 cups sugar  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1 teaspoon baking soda  
3/4 teaspoon salt  
2 eggs, beaten  
1/2 cup oil  
1/4 cup water  
1 cup fresh pumpkin guts (stringy part)



**MAKES** 12 large muffins

**PREP TIME** 10 minutes

**TOTAL TIME** 45 minutes

**OVEN TEMP** 350 F

## INSTRUCTIONS

1. Preheat \_\_\_\_\_ to 350 F. Line muffin tin with paper cups.
2. Cut the pumpkin \_\_\_\_\_ into smaller pieces.
3. Combine flour, sugar, cinnamon, nutmeg, baking soda, and salt in a large \_\_\_\_\_.
4. Add eggs, oil, water and pumpkin guts. Stir until you have a \_\_\_\_\_ batter.
5. Pour into muffin cups. Bake for 45 minutes. Insert a wooden skewer into the \_\_\_\_\_. If it comes out clean, muffins are ready.

*smooth    oven    center    guts    bowl*