Pumpkin Apple Muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>all-purpose flour</td>
<td>1¼ cups</td>
<td>ground cinnamon</td>
<td>½ teaspoon</td>
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<tr>
<td>whole-wheat flour</td>
<td>1¼ cups</td>
<td>ground ginger</td>
<td>½ teaspoon</td>
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<tr>
<td>baking soda</td>
<td>½ teaspoon</td>
<td>ground nutmeg</td>
<td>½ teaspoon</td>
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<tr>
<td>salt</td>
<td>1¼ teaspoons</td>
<td>honey</td>
<td>1¼ cups</td>
</tr>
<tr>
<td>cinnamon</td>
<td>½ teaspoon</td>
<td>canola oil</td>
<td>½ cup</td>
</tr>
<tr>
<td>apples</td>
<td>2 cups</td>
<td>Granny Smith</td>
<td>2 cups</td>
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<td></td>
<td></td>
<td>apples, finely</td>
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Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. Fill **greased** or paper-lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein

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**Kentucky Winter Squash**

**SEASON:** August through October.

**NUTRITION FACTS:** Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

**SELECTION:** Winter squash should be heavy for its size with a hard, tough rind, free of blemishes or soft spots.

**STORAGE:** Store winter squash in a cool, dry place and use within one month.

**PREPARATION:**

**To Steam:** Wash and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on. The rind will remove easily after cooking. Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30-40 minutes or until tender.

**To Microwave:** Wash squash and cut it lengthwise. Place in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

**To Bake:** Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

**Source:** www.fruitsandveggiesmatter.gov

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**KENTUCKY WINTER SQUASH**

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**September 2013**

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