



Fitch Hill Inn

A Bed & Breakfast

Pumpkin-Nut Muffins

Half	$\frac{3}{4}$	Full	Ingredients
1	$1\frac{1}{2}$	2	cups all-purpose flour
$\frac{1}{2}$	$\frac{3}{4}$	1	teaspoon baking soda
$\frac{1}{2}$	$\frac{3}{4}$	1	teaspoon ground cinnamon
$\frac{1}{4}$	$\frac{1}{3}$	$\frac{1}{2}$	teaspoon baking powder
$\frac{1}{4}$	$\frac{1}{3}$	$\frac{1}{2}$	teaspoon salt
Pinch	$\frac{1}{8}$	$\frac{1}{4}$	teaspoon nutmeg
1	2	2	eggs, beaten
$\frac{3}{4}$	1	$1\frac{1}{2}$	cups sugar
$\frac{1}{2}$	$\frac{3}{4}$	1	cup canned <i>or</i> cooked mashed pumpkin
$\frac{1}{4}$	$\frac{1}{3}$	$\frac{1}{2}$	cup vegetable oil
$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{3}$	cup water
$\frac{1}{4}$	$\frac{1}{3}$	$\frac{1}{2}$	cup chopped walnuts

1. Pre-heat oven to 350° and grease muffin pan.
2. In a medium bowl combine flour, cinnamon, baking soda, baking powder and salt.
3. In a large bowl, mix eggs, sugar, pumpkin, oil and water.
4. Stir dry ingredients into pumpkin mixture; mix well.
5. Fill greased or paper-lined muffin cups $\frac{1}{2}$ - $\frac{3}{4}$ full. Sprinkle chopped nuts on top of muffins.
6. Bake for 30-35 minutes or until muffins test done. Do not over bake. Cool on wire rack.

Note - These muffins freeze well.

Yield: Half batch – 6 muffins
 $\frac{3}{4}$ batch – 9 muffins
Full batch – 12 muffins

Trick: Don't over-mix the batter as this toughens the muffins. Stir enough to combine, but don't worry if there are a few lumps.