

spiced butternut squash muffins

Serves: 12

Prep and Cook time: 1 hr 15 min

Per serving: 121 calories, 1.9 g fat, 129 mg sodium

1/2 pound peeled, seeded and cubed butternut squash

1/2 cup white sugar

3/4 cup milk

1 1/2 cups all-purpose flour

1/4 tsp salt

1 egg, beaten

2 tsp baking powder

2 tsp pumpkin pie spice (equal parts cinnamon, nutmeg, ginger, and allspice)

1 TBS butter, melted

1. Preheat oven to 400° F. Lightly grease a 12 cup muffin pan.
2. In a medium saucepan with enough water to cover, boil the squash for 20 minutes, or until tender. Remove from heat, drain, and puree in a food processor. If you don't have a food processor, place the squash in a bowl and smash with a potato masher or with a fork until very smooth.
3. In a large bowl, whisk together flour, baking powder, white sugar, salt and pumpkin pie spice.
4. In a medium bowl, thoroughly mix together milk, egg and butter. Stir in squash puree. Fold the squash mixture into the flour mixture just until moistened.
5. Spoon the batter into the prepared muffin pan, filling cups about 1/2 full. Bake 20 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean.

