



FOOD DRINK AND CONVERSATION  
FROM AROUND THE TABLE

## **Pumpkin Chocolate Chip Muffins**

1 cup canned or fresh pureed pumpkin  
1/2 cup water  
1/4 cup canola or veg oil  
2 Teaspoons ground flax seeds  
1 teaspoon vanilla  
1 cup whole wheat flour  
2/3 cup whole wheat pastry flour OR unbleached white flour  
1 cup granulated sugar  
1 teaspoon baking powder  
1/2 teaspoon each: baking soda, cinnamon, salt  
1/4 teaspoon freshly grated nutmeg  
1/2 cup semi-sweet chocolate chips  
1/3 cup chopped pecans or walnut – optional  
3 teaspoons raw sugar – optional

Heat oven 350. Blend Pumpkin, Water, Oil, Flax Seeds and Vanilla until well blended. Set aside.

Mix together flours, sugar, baking powder, baking soda, cinnamon, salt and nutmeg; in a large bowl, add pumpkin mixture stir until well blended (add a little water if mixture seems too dry). Fold in Chocolate Chips and Nuts if you are using them.

Spoon into muffin tins and top with raw sugar if using it.

Bake approx 30 min

Yield: 12 muffins