

Winter Squash Muffins

- 1 1/3 cups whole wheat flour
- 1/2 cup raisins
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 egg
- 1 cup pureed cooked winter squash
- 1/2 cup buttermilk
- 1/3 cup honey
- 1/4 cup butter, melted

In a large bowl, combine the first six ingredients. In a small bowl, whisk the egg, squash, buttermilk, honey and butter. Stir into the dry ingredients just until moistened.



Coat muffin cups with nonstick cooking spray or use paper liners; fill half full. Bake at 350 degrees for 25-30 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.