

Apple & Butternut Squash Muffins

Ingredients

For the apple and squash puree:

- 1 (32 oz.) container cut butternut squash
- 2 small apples

For muffins:

- 1 1/2 cups white whole wheat flour
- 1 1/2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup honey
- 2 tablespoons unsalted butter, melted (or sub canola oil)
- 1 teaspoon vanilla

How to make

- Preheat the oven to 350. Line a muffin tin with paper liners.
- To make the apple and squash puree: Steam 2 1/2 heaping cups each of butternut squash and apples for about 10 minutes, or until tender.
- Transfer to a blender or food processor and puree. (I puree mine until smooth but you could leave it a little more chunky if you prefer.)
- Measure out 2 cups of the puree mix to use for this recipe.
- To make the muffins: Combine flour, cinnamon, baking soda, baking powder and salt in a large bowl.
- Make a well in the middle of the dry ingredients and add eggs, honey, butter, vanilla and the 2 cups of apple-squash puree.
- Stir the wet mixture together in the well and then mix to combine with the dry ingredients.
- Spoon mixture into prepared muffin tins.
- Bake at 350 for 18-22 minutes, until a toothpick inserted in the center comes out clean.

Recipe from: <https://www.familyfoodonthetable.com/wp-json/mv-create/v1/creations/616/print>



