

Blueberry Pumpkin Muffins

Author: Adapted slightly from magazine recipe by Libby Pumpkin

Carolyn T's
Main Cookbook

Servings: 12



MUFFIN BATTER:

1 2/3 cups flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ground allspice
1 cup pumpkin, canned
1/4 cup evaporated milk
1/2 cup unsalted butter
1 cup light brown sugar, packed
1 whole egg
1 cup blueberries
1 tablespoon flour

STREUSEL MIXTURE:

2 tablespoons flour
2 tablespoons sugar
1/4 teaspoon cinnamon
1 tablespoon butter

Categories: Breads, Brunch/Breakfast

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Your Text Here

*Per Serving (excluding unknown items): 228 Calories;
10g Fat (37.8% calories from fat); 3g Protein; 33g
Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol;
243mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean
Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1
Other Carbohydrates.*

Notes: These freeze beautifully. They also are quite tender muffins, so be careful handling them until they're cooled. I have a silicone muffin pan, so I don't use the inserts. These muffins are very moist, so that's why the recommendation to line the pan with paper inserts.

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 10 minutes

1. Combine flour, soda, baking powder, salt, cinnamon and allspice in a medium bowl and set aside.
2. Combine pumpkin and evaporated milk in another bowl and set aside.
3. Prepare streusel mixture and set that aside too.
4. In large mixing bowl combine butter and sugar, add egg and mix until blended. Add flour mixture alternately with pumpkin mixture, beating well after each addition.
5. Combine blueberries and flour. Gently stir into batter.
6. Fill 12 paper-lined muffin cups 3/4 full and sprinkle streusel mixture on top of muffins. Bake at 350° for 40 minutes or until toothpick inserted in center comes out clean.