

Pumpkin Cream Cheese Muffins

Adapted from Genius Kitchen



FILLING:

8 ounces cream cheese, softened
1 large egg
3 tablespoons sugar
1/4 teaspoon vanilla

MUFFINS:

3 cups all-purpose flour
1 tablespoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground cloves
1/2 teaspoon ground cardamom
1 teaspoon salt
1 teaspoon baking soda
2 cups sugar
4 large eggs
2 cups canned pumpkin
3/4 cup buttermilk
1/2 cup vegetable oil
chopped pecans for topping

Per Serving (excluding unknown items): 168 Calories; 7g Fat (36.5% calories from fat); 3g Protein; 24g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 145mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 32

1. Preheat oven to 350°F.
2. Mix cream cheese with one egg and 3 tablespoons of sugar. Set aside.
3. Combine all the dry ingredients (not the nuts) in a medium mixing bowl and use a whisk to mix everything together well. In another large bowl combine eggs, pumpkin, buttermilk and oil, and use a whisk to mix thoroughly. Pour dry mixture into the liquid mixture and stir until all lumps are gone.
6. Fill muffin tins (greased or paper cups) two-thirds full.
7. Spoon cream cheese cross-wise in the middle with some reaching to the outside edge. Spoon remaining one-third muffin batter on top, allowing some of the cream cheese filling to show, if possible. Sprinkle pecans (or other nuts of your choice) on top.
8. Bake for 18- 20 minutes, until a toothpick comes out clean from the muffin (do not test in the cream cheese part).
9. Let cool in pans for 5 minutes, then remove to racks to cool completely. Do not touch the cream cheese until it cools.