Pumpkin Cornbread Muffins (GF)

Author: Adapted from a recipe by Erika at Tummy Treasure (blog)

Carolyn T's Main Cookbook

Servings: 12



DRY MIXTURE:
1 1/2 cups cornmeal, finely ground
3/4 cup all-purpose GF baking flour, or flour
1 tablespoon baking powder
1/4 cup sugar
1 teaspoon cinnamon
1/8 teaspoon ground nutmeg
1 teaspoon salt
WET MIXTURE:
1 whole egg
3 tablespoons vegetable oil
3/4 cup canned pumpkin
1 1/2 cups milk

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

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Per Serving (excluding unknown items): 190 Calories; 6g Fat (26.9% calories from fat); 3g Protein; 32g Carbohydrate; 3g Dietary Fiber; 22mg Cholesterol; 322mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Notes: These can be made with flour (Erika uses 1/2 cup whole wheat flour and 1/4 cup white all-purpose flour). These have just enough sweetness to take the "edge' off.

1. Preheat oven to 350. Spray a standard 12-cup muffin tin with cooking spray.
2. In a medium mixing bowl combine the dry ingredients. Mix well (or sift) to remove any lumps if necessary.
3. In a large mixing bowl lightly mix the egg. Add the vegetable oil, pumpkin and milk. Whisk or stir to combine.
4. Gently pour in the dry ingredients, stirring in any lumps. Divide the mixture among the 12 muffin cups. Mixture does not rise much, so you can fill them nearly to the top.
5. Bake for 20 minutes - check with a tester - if it comes out clean remove. May need to bake an additional few minutes depending on your oven. Remove from oven and allow to cool for 10 minutes. Serve warm, preferably. If you have leftovers, cool and freeze, as these don't keep well.