

Week 1: Filled Pumpkin Muffins

SERVINGS

12 muffins

TIME

1 hour

INGREDIENTS

Pumpkin Muffins

- 1 1/2 cup flour (we use white whole wheat)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg (optional)
- 1/2 teaspoon ginger (optional)
- 2 eggs at room temperature
- 1/2 cup brown sugar
- 1/3 cup melted butter
- 1/3 cup milk
- 1 cup pumpkin puree (NOT pumpkin pie mix)

Filling

- 6 oz cream cheese at room temperature
- 1 egg (optional)
- 1/2 teaspoon vanilla
- 3 tablespoons sugar

EQUIPMENT

- Muffin tin + paper liners (optional)
- Large bowl
- Medium sized bowl (2)
- Whisk & spatula
- Liquid and dry measuring cups and measuring spoons
- Cereal spoon (2) and butter knife
- Toothpicks

DIRECTIONS

- Preheat the oven to 350°F and line a muffin tin with paper liners. Or, you can spray the tin with non-stick spray.
- In a large bowl, whisk together the dry ingredients: flour, baking soda, baking powder, salt, cinnamon, nutmeg (if using), and ginger (if using).
- Crack the eggs into a medium sized bowl and remove any shells. Add melted butter, brown sugar, and milk and stir to combine. Add pumpkin and stir until smooth.
- Add egg mixture to the flour mixture and stir with a spatula.
- In a clean bowl, combine cream cheese, egg (if using), vanilla, and sugar. Use a spatula to combine very well. Alternately, you can use a hand mixer.
- Spoon a heaping cereal spoonful of batter into the bottom of each muffin tin. Add a smaller spoonful of cream cheese filling on top. Then, put another heaping cereal spoonful of muffin batter on top. It's OK if the filling sticks out.
- Bake for 20-22 minutes, or until a toothpick comes out clean.

EXTRA!

- Make a topping by combining 1/4 cup brown sugar, 1/4 cup flour, 1 teaspoon cinnamon, and 3-4 tablespoons melted butter. Press on top of muffins before baking.

