

## **Pumpkin Muffins with Honey**

Makes: about 12 standard muffins

### **Ingredients**

1  $\frac{3}{4}$  cups all-purpose flour (or half whole wheat, half all-purpose)  
1 tsp baking soda  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tsp salt  
1  $\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{2}$  tsp ground nutmeg  
 $\frac{1}{4}$  tsp ground cloves (or allspice)  
2 large eggs  
 $\frac{1}{2}$  cup honey  
 $\frac{1}{3}$  cup melted butter (or coconut oil)  
1 cup pumpkin purée (not pumpkin pie filling)  
 $\frac{1}{4}$  cup milk (dairy or non-dairy)  
1 tsp vanilla extract  
 $\frac{1}{2}$  cup raisins

### **Directions**

Preheat oven to 350°F. Line a muffin tin with paper liners or grease lightly.  
In a medium bowl, whisk together flour, baking soda, baking powder, salt, cinnamon, nutmeg, and cloves.  
In a large bowl, whisk eggs, honey, melted butter, pumpkin purée, milk, and vanilla until smooth.  
Add dry ingredients to wet, stirring just until combined (don't overmix). Fold in raisins if using.  
Divide batter evenly into muffin cups (about  $\frac{3}{4}$  full).  
Bake 18–22 minutes, or until a toothpick inserted comes out clean.  
Cool in pan 5 minutes, then transfer to a wire rack.

## **Honey Streusel Topping**

### **Ingredients**

3 Tbsp butter, softened  
 $\frac{1}{4}$  cup flour  
 $\frac{1}{4}$  cup quick rolled oats  
2 Tbsp dark honey  
 $\frac{1}{2}$  tsp cinnamon  
Pinch of salt

### **Directions**

In a small bowl, mash together butter, flour, oats, honey, cinnamon, and salt with a fork until crumbly.  
Sprinkle generously over muffin batter before baking.  
Bake muffins as directed (the topping will crisp up and turn golden).

Honey sourced from:  
D&E Bee's  
6815 Fisher Rd. NW,  
Baltimore, OH 43105