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Apple and Butternut Squash Muffins

Ingredients

For the apple and squash puree:

- 1 2 lbs. butternut squash
- 2 small apples

For the muffins:

- 1 ½ cup white whole wheat flour
- 1 ½ tsp cinnamon
- 1 tsp baking soda
- ¼ tsp baking powder
- ½ tsp salt
- 2 large eggs
- ½ cup honey
- 2 Tbsp unsalted butter, melted (or use canola oil)
- 1 tsp vanilla extract

Additional Info

Makes about 14 muffins

Directions

For the apple and squash puree:

Preheat oven to 375F.

Line a baking sheet with parchment paper, cut squash in half and place cut side down on the sheet. Cover the squash with another piece of parchment paper and seal with aluminum foil. Roast for about 1-1 ½ hour. When the squash is cool enough to handle, scrap out seeds, pulp and scrap out squash into a bowl, set aside. This should get about 2 cups of squash puree.

Peel, core, and steam the apples for 10 minutes.

Transfer the squash and apples to a blender or food processor.

For the muffins:

Preheat oven to 350F.

Line a muffin tin with paper liners.

Combine flour, cinnamon, baking soda, baking powder and salt in a large bowl. Make a well I the middle of the dry ingredients and add honey, butter, vanilla extract and 2 cups of the puree.

Stir the wet mixture in the well and then mix to combine with the dry ingredients.

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Spoon mixture into muffin tins.

Bake for 18-22 minute, until toothpick inserted in the center comes out clean.

Cool completely, store on the counter for 2-3 days, in the freezer for up to 5 months.