



Asher's Pumpkin Muffins

Makes 12 muffins

Ingredients

- 1 stick of salted butter
- 1 cup all-purpose flour
- 1 cup white whole-wheat flour (I use King Arthur)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 15 oz can cooked organic pumpkin or pureed butternut squash, about 1 ½ cups
- 3 large eggs
- ½ cup dark brown sugar
- ⅓ cup pure maple syrup
- ⅓ cup kefir or buttermilk
- Grated zest of one lemon

Drizzle Ingredients if you wish

- ⅓ cup powdered sugar
- 1 tbsp lemon juice

Instructions

Heat oven to 350 degrees with the rack in the center.

Spray muffin tin (12 muffins) with nonstick spray or line them with paper liners.

Brown the butter by heating it in a small metal saucepan over medium heat. Cook, swirling occasionally, until the butter has melted, foamed and started to brown, about five minutes. Remove from heat and set aside.

In a medium bowl, whisk together each type of flour, baking powder, baking soda, salt, and spices.

In a larger bowl, whisk together canned pumpkin or butternut squash, eggs, dark brown sugar, maple syrup, kefir and lemon zest until totally smooth. Stir in dry ingredients, then add the melted brown butter.

Divide evenly among 12 prepared muffin molds (very very full to top or even a little beyond the top Bake until the tops are puffed and spring back slightly when pressed, about 25 minutes. Test with a toothpick then remove from the oven. After about 10 minutes, gently loosen each muffin and place it back in the tin but on it's side.

IF YOU WANT TO DO A GLAZE: Once totally cooled, re-center the muffins the same as how you baked them. Whisk together the powdered sugar and lemon juice until the consistency of glue. Drizzle about a teaspoon on top of each muffin and let harden.

These keep a couple of days covered at room temperature, or frozen for up to three months.

I am thinking if you aren't into glazes, it might be nice to sprinkle a bit of turbinado sugar on top of each muffin instead.