



Fall Pumpkin Fun!

Mini Pumpkin Spice Oatmeal Muffins

Makes 32 mini-muffins or 12 regular-sized muffins



- 1½ cups all-purpose flour
- 1 cup quick oats
- ¾ cup brown sugar
- 1 Tbsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1½ tsp. pumpkin pie spice
- 1 cup pumpkin puree or canned pumpkin
- ¾ cup low-fat milk
- 1/3 cup oil
- 1 egg, slightly beaten

Topping:

- ¼ cup quick oats
- 1 Tbsp. brown sugar
- 1 Tbsp. melted margarine or butter
- 1/8 tsp. pumpkin pie spice



What type of pumpkin should I use in baking?

- You can start most your pumpkin recipes with either canned or fresh pumpkin.
- If you decide to use fresh pumpkin, make sure to get the right pumpkin for the job.
- Pumpkins for jack-o'-lanterns usually are larger, with stringier pulp. Sugar or pie pumpkins generally are smaller, less stringy and work well in recipes.
- To prepare your pumpkin for recipes, wash it, cut it in half, scoop out the seeds and microwave, bake or boil the pumpkin until the pulp is soft. Remove the skin, then mash it by hand or puree it in a food processor or blender.

1. Spray mini-muffin tins with cooking spray or use mini-muffin liners.
2. In a medium bowl, combine flour, quick oats, brown sugar, baking powder, baking soda, salt and pumpkin pie spice. In a separate bowl, mix pumpkin, milk, oil and egg.
3. Add liquid ingredients to dry ingredients and stir until just moistened. Fill muffin cups two-thirds full.
4. Mix topping ingredients. Sprinkle topping evenly over muffins. Bake mini-muffins at 400°F for 8 to 12 minutes or until evenly browned. Bake regular-sized muffins for 15 to 18 minutes.

If you use canned pumpkin to make the pumpkin spice muffins, you will have about ¾ cup of pumpkin leftover. What should you do with that leftover pumpkin? Try these yummy pumpkin pancakes.



Perfectly Pumpkin Whole Wheat Pancakes

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| 2 eggs, beaten | 1 cup all-purpose flour |
| 2 Tbsp. vegetable oil | 1 cup white whole wheat flour |
| 1 ½ cups low-fat milk | ¾ cup pumpkin puree or canned pumpkin |
| 2 Tbsp. baking powder | 1 tsp. pumpkin pie spice |
| 2 Tbsp. brown sugar | 1 tsp. cinnamon |

1. Mix together eggs, oil, milk, pumpkin and brown sugar in a medium bowl. Combine flours, baking powder and spices in small bowl.
2. Add dry ingredients to pumpkin mixture. Stir until combined. Pour ¼ cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
3. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Use a spatula and flip. Lightly brown the other side. Makes 10-12 pancakes.

Questions?? - Contact author Cami Wells, MS, RD at cwells2@unl.edu. For more information check out Food Fun for Young Children at: <http://go.unl.edu/chi>