



## HARVEST MUFFINS

1/2 C fresh pumpkin pulp  
1 egg  
1/2 C sugar  
1/2 C milk  
1/4 C vegetable oil  
1/2 C raisins  
1 1/2 C unbleached flour  
2 † baking powder  
1/2 † salt  
1/2 † each, cinnamon and nutmeg

Beat egg, add vegetable oil, pumpkin, and milk, and blend well. Sift dry ingredients together and add to liquid mixture, stirring just enough to wet the flour. Fold in raisins. Bake in greased muffin tin 18-20 minutes at 400 degrees.

### From South 47 Farm

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

[www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)

This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.