

Pumpkin Muffins

Mollie Katzen's Sunlight Café: Breakfast Served All Day

Yield: 8 to 10 Muffins

PREPARATION TIME: 15 Minutes, plus 20 to 25 minutes to bake

Nonstick spray

2 cups unbleached all purpose flour

½ teaspoon salt (rounded measure)

1 ½ teaspoons baking powder

1 ½ teaspoons cinnamon

1 teaspoon ground ginger

¼ teaspoon allspice

3 to 4 tablespoons granulated sugar

1 tablespoon chopped orange zest

1/3 cup (packed) dark brown sugar

1 cup mashed pumpkin

1 large egg

½ cup milk

1 tablespoon vanilla extract

4 tablespoons (½ stick) unsalted butter, melted

1. Preheat the oven 400° F. Lightly spray 8 standard (2 ½ inch diameter) muffin cups with nonstick spray.
2. Combine the flour, salt, baking powder, spices, granulated sugar and orange zest in a medium sized bowl. Crumble in the brown sugar and mix with a fork or your fingers until thoroughly blended.
3. Measure the pumpkin into a second medium sized bowl. Add the egg, milk, and vanilla, and beat with a fork or a whisk until smooth.
4. Slowly pour this mixture, along with the melted butter, into the dry ingredients. Using a spoon or a rubber spatula, stir from the bottom of the bowl until the dry ingredients are all moistened. Don't overmix; a few lumps are okay.
5. Spoon the batter into the prepared muffin cups. For smaller muffins, fill the cups about four fifths full. For larger muffins, fill them to the top. If you have extra batter, spray one or two additional muffin cups with non-stick spray and fill with the remaining batter.
6. Bake in the middle of the oven for 20 to 25 minutes or until lightly browned on top and a toothpick inserted into the center comes out clean. Remove the pan from the oven, then remove the muffins from the pan and place them on a rack to cool. Wait at least 30 minutes before serving.