

Pumpkin Spice Muffins

from *Crazy Plates* by Janet and Greta Podleski

1½ cups	flour
½ cup	wheat bran
2 tsp.	each of baking powder and pumpkin pie spice (or make up your own combination of cinnamon, cloves, ginger, allspice, nutmeg)
1 tsp.	baking soda
½ tsp.	salt
1 cup	puréed pumpkin
½ cup	grated carrots
½ cup	each buttermilk and honey
¼ cup	butter, melted
1	egg
1 tsp.	each vanilla and grated orange zest
½ cup	chopped walnuts

Preheat oven to 375°F. Grease 12-cup muffin tin and set aside.

In a large bowl, combine flour, wheat bran, baking powder, spices, baking soda, and salt. Set aside.

In a medium bowl, whisk together pumpkin, carrots, buttermilk, honey, butter, egg, vanilla, and orange zest. Add wet ingredients to flour mixture and stir just until moistened. Batter will be thick. Gently fold in walnuts, if using.

Divide batter among 12 muffin cups. Bake for 20 minutes, or until a toothpick inserted in center of muffin comes out clean. Remove muffins from pan and let cool on wire rack.