Acorn Squash and Apple Muffins
(makes 12 muffins)

Ingredients

1 cup acorn squash puree (Tip)
1/3 cup unsweetened applesauce
1/4 cup apple cider
1/4 cup oil
2 Tbsp granulated sugar
2 Tbsp brown sugar
2 large eggs
3/4 cup all-purpose flour
3/4 cup whole-wheat flour
1/2 tsp baking soda
1/2 tsp baking powder
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg

Directions

1. Preheat oven to 370°F.
2. Wash hands with soap and water.
3. Grease a 12-cup muffin tin.
4. Combine acorn squash puree, applesauce, apple cider, oil, sugars, and eggs in a large bowl until smooth.
5. Add flours, baking soda, baking powder, cinnamon, and nutmeg to a medium bowl. Stir to combine. Add to squash mixture, and stir just until ingredients are moistened. Lumps in batter are expected.
6. Divide batter evenly among prepared muffin tin. Bake for 20-25 minutes or until a toothpick comes out clean.
7. Cool for 10 minutes. Remove muffins to a cooling rack to cool completely.

Tip: Baked Acorn Squash Puree
Preheat oven to 400°F. Wash hands with soap and water. Wash one medium acorn squash. Cut in half, and scoop out seeds. Place on a baking sheet lined with foil, placing squash halves cut side down. Bake for 30 to 45 minutes or until a knife slides easily into squash. Let cool until easy to handle. Scoop out flesh. Puree in a food processor, or mash in a bowl with a fork or potato masher until smooth. Measure out 1 cup of puree.

Nutrition Facts per serving (per 1 muffin): 140 calories, 6g total fat, (5g unsaturated fat), 85mg sodium, 19g carbohydrates, 2g dietary fiber, 3g protein