

## Pumpkin Cranberry Muffins

(Makes 12 servings)

### Ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar (*decrease by 3 TBSP if using dried cranberries*)
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1 cup pumpkin puree
- 1 large egg, lightly beaten
- 1/4 cup canola oil
- 1 cup nonfat milk
- 1 cup fresh cranberries, chopped or 3/4 cup dried cranberries



### Instructions

1. Preheat oven to 350 degrees. Coat a muffin pan with nonstick cooking spray or paper liners.
2. In a large bowl, combine flour, sugar, baking soda, cinnamon, ginger and nutmeg.
3. Combine pumpkin, beaten egg, oil and milk in a medium bowl.
4. Make a well in dry ingredients; add pumpkin mixture and stir until just combined.
5. Fold in chopped cranberries or dried cranberries.
6. Fill muffin cups 3/4 full and bake for 22-25 minutes or until toothpick inserted in center comes out clean. Remove muffins from pan to cooling rack. Serve warm.

Note: Muffins freeze well.

## Savory Pumpkin Hummus

### Ingredients

- 1 15-oz Can White Beans
- 2/3 cup Fresh Pumpkin Puree\*
- 3 Tbsp. Lemon Juice
- 2 Tbsp. Tahini
- 1/2 tsp Sea Salt
- 1/2 tsp Ground Cumin
- 1/2 tsp Smoked Paprika
- 1 pinch Cinnamon
- 1 pinch Cayenne Pepper
- 2 Tbsp. Extra Virgin Olive Oil
- 2 cloves Minced Garlic
- 3 Tbsp. Chopped Fresh Sage
- 1 11-oz Whole Wheat Pita Bread (optional)
- Fresh Vegetables: Celery, carrots, cucumber, zucchini, or bell pepper (optional)



### Instructions

1. Wash hands thoroughly with soap and water.
2. Gently rub any produce under cold running water.
3. Rinse and drain white beans in a colander. Add beans to the food processor or blender along with pumpkin, lemon juice, tahini, sea salt, cumin, smoked paprika, cinnamon, and cayenne pepper.
4. Heat oil in a small skillet or saucepan over medium heat. Add garlic and sage, sauté for a few minutes to brown slightly. Then add sautéed mixture to the food processor and pulse to incorporate - you can reserve some for garnish if desired.
5. Taste and adjust seasonings as needed.
6. Serve immediately with pita chips and cut vegetables. Alternatively, refrigerate until chilled (about 3 to 4 hours) for a thicker, creamier dip.

## \*How to Make Fresh Pumpkin Puree:



Preheat the oven to 350°F.

1. Wash hands thoroughly with soap and water.
2. Gently rub pumpkin under cold running water.
3. Using a sharp knife, slice the stem off and then slice the pumpkin in half widthwise.
4. Using a spoon, scoop out the seeds and remove any excess stringy flesh of pumpkin. Next, you can clean the seeds and roast them for homemade pumpkin seeds.
5. Lightly rub the inside of the pumpkin flesh with olive oil and place the flesh side down on a baking sheet lined with parchment paper.
6. Place in the oven and roast for roughly 45 minutes until you can easily pierce the flesh with a fork.
7. Remove from the oven and let cool for 10 minutes. Scoop out the flesh with a spoon as it should easily separate from the thin skin.
8. Place the cooked pumpkin flesh in a blender or food processor and blend until creamy and smooth. Depending on the power of your blender, this may take up to two minutes.
9. Puree can be refrigerated in a tightly sealed container up to 3 days or stored in the freezer up to 6 months.
10. The pureed pulp cannot be safely canned.

## Fresh Pita Chips:

### Instructions

1. Wash hands thoroughly with soap and water. Preheat the oven to 375 degrees F.
2. Cut pita into bite-sized triangles. Lightly coat with extra-virgin olive oil.
3. Arrange in an even layer on a baking sheet.
4. Bake for 8 - 12 minutes or until lightly browned.
5. Remove from the oven and let cool slightly before serving.

## Pumpkin Fruit Dip

### Ingredients

- 1 - 15-ounce pumpkin (or about 1 ¾ cups cooked pumpkin)
- 1 cup \*vanilla yogurt
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 3/4 teaspoons cinnamon
- 1/8 teaspoon nutmeg

### Instructions

1. In a large bowl or food processor, combine pumpkin, \*vanilla yogurt, Greek vanilla yogurt, ricotta cheese or cream cheese, sugar, vanilla extract, cinnamon and nutmeg.
2. Stir or process until smooth. Taste and adjust seasoning/sweetness.
3. Serve immediately or chill. Refrigerate leftovers within 2 hours.
4. Serve with apple or pear slices, bananas, or grapes.

**Yield:** 3 cups / serving size: 2 tablespoons

**Note:** Greek yogurt will provide additional protein.

Source: recipe modified from Oregon State University Food Hero



<b>Nutrition Facts</b>	
26 servings per container	
<b>Serving size</b>	<b>2 Tablespoons (32g)</b>
<b>Amount per Serving</b>	
<b>Calories 40</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 6g Added Sugars	12%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 1mg	0%
Vitamin A 67mcg	7%
Vitamin C 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.