

Autumn Squash Muffins

Adapted from: [Illinois Harvest of the Month](#) and Homegrown Farm to School Recipes, Katie Delaney, UW Madison

Description: A new take on muffins - seasonal pumpkin or butternut squash makes it a perfect match for autumn!

Yield: 50

Serving Size: 1 muffin

USDA Meal Components: 1.5 ounce equivalent whole grain-rich

Ingredients:

- 6 lbs. Butternut squash or pie pumpkin, fresh (equals 6 ½ cups mashed)
- 3 cups all-purpose flour
- 5 cups wheat flour
- ¼ cup baking powder
- 2 teaspoons salt
- 2 teaspoons nutmeg
- 1 Tablespoon cinnamon
- 3 cups brown sugar
- 4 cups milk, skim
- 8 eggs, large
- 1 cup canola oil
- 4 teaspoons vanilla extract

Directions:

1. Cut butternut squash or pumpkins in half lengthwise.
2. Scrape out seeds with a metal spoon. Place halves face down on prepared sheet pans.
3. Roast in a convection oven at 400 degrees F for 34-55 minutes until softened.
4. Freeze sheet pans for 15 minutes and then remove from the freezer.

5. Peel and discard the skin and place the squash (or pumpkin) in a large bowl and mash with a potato masher until smooth but slightly chunky.

For muffins:

1. Preheat a convection oven to 375 degrees F. Grease muffin pans or line with muffin liners.
2. In a medium bowl, combine flour, baking powder, salt, nutmeg, and cinnamon. Set aside.
3. In a separate mixing bowl, combine milk, eggs, oil, vanilla extract and brown sugar.
4. Mix at a low speed until all combined. If hand mixing, whisk until all ingredients are smooth.
5. Add mashed squash or pumpkin to the wet ingredients and mix at a low speed.
6. Gradually add the dry ingredients to the mixing bowl.
7. Mix at a low speed until batter is all combined. If hand mixing slowly fold dry ingredients into wet, mixing to combine. The batter should be fairly smooth with occasional chunks of squash.
8. Scoop batter into muffin pan with a #16 scoop or ¼ cup measuring cup.
9. Bake for 30 minutes.
10. Let cool and serve!

Notes:

If using fresh, pureed pumpkin in place of fresh butternut squash the nutritional values are listed below.

Nutrition Facts

50 Servings Per Recipe	Amount Per Serving
Serving Size	1 muffin
Calories	230
Total Fat	8.8 g
Saturated Fat	1.7 g
Cholesterol	165 mg
Sodium	164 mg
Total Carbohydrate	31.1 g
Dietary Fiber	2.9 g
Total Sugars	11 g

Protein	8.5 g
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Filed Under: School

