

GLUTEN FREE PUMPKIN CREAM CHEESE MUFFIN



A favorite recipe from Maggie Colangelo of the Po Cafe and Flirtation Farms.

INGREDIENTS

Muffin Batter:

6 eggs
1 can pumpkin puree*
2 c milk
1 c canola
5 c almond or coconut flour
1 c sugar
4 T baking powder
2T cinnamon
1 t salt
1 t freshly grated nutmeg

Cream Cheese Filling:

6 oz. softened cream cheese
2 T sugar
2 T milk

DIRECTIONS

1. Mix dry ingredients. In another bowl, mix wet ingredients. Combine wet and dry.
2. Fill buttered and floured (or cooking sprayed) muffin cups 1/2 way with batter.
3. Put a spoonful of cream cheese filling atop the batter and then fill the rest of the way with muffin batter.
4. Bake in the oven at 350. Check every 10 minutes and rotate if necessary to ensure even baking.

**Canned will work fine but this time of year fresh pumpkins are so abundant that if you have the time to use fresh, I encourage you to try! There is an added depth to the flavor. The process is simple but time consuming. Cut the pumpkins in half or wedges if it's a large pumpkin. Scoop the seeds out and roast at 375, face down on a baking pan that has about 1/2" water and is covered in foil. They're done when you can easily put a knife through. Then cool a bit, scoop out the pumpkin and puree in a food processor.*

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