



## Seasonal and Local Recipes

### Tayport Community Growing Space

<http://tayportplantgardens.wordpress.com/>

November

## Pumpkin muffins by Janice

Perfect Halloween fodder! This one is based on Rachael Ray's recipe

<http://www.rachaelray.com/2013/11/gluten-free-pumpkin-muffins>

### Gluten-free

#### Ingredients:

1 cup	Gluten-free All Purpose Flour
2 tsp	Baking Powder
1tbsp	Pumpkin Spice (1tsp cinnamon, 1tsp cloves, 1tsp allspice, ½ tsp ginger, ¼ tsp nutmeg – all ground)
¼ tsp	Turmeric (to enhance the colour)
½ cup	Unsalted butter at room temp (Graham's)
1 cup	Brown Sugar (can replace it with UK's white sugar from sugarbeets)
2	Eggs
2 tsp	Vanilla Extract
1 tsp	Cinnamon
1 cup	Pumpkin puree(Scottish-grown pumpkin from Heartspace in Dundee)
½ cup	Walnuts, coarsely ground

#### Directions:

- In a large bowl, whisk together the flour, pumpkin pie spice, turmeric, salt, and baking powder, and set aside.
- Cream the butter and sugar together until light and fluffy. Add the pumpkin puree, eggs, and vanilla, and mix to incorporate. Add the flour mixture in two batches, and mix just until it's no longer visible. Fold in 1/2 cup of the walnuts.
- Spoon the batter into the 12-muffin tin. If desired, mix together additional 3 tbsps of walnuts, 2 tbsps of brown sugar, 1 tsp of cinnamon, and sprinkle the mixture on top of the muffins.
- Bake the muffins for 35 minutes at 350F.

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