

ROASTED WINTER SQUASH MUFFINS

Serves 10 | Prep: 15 mins | Cook: 20 mins

Difficulty level: Easy to Moderate



INGREDIENTS

- 1 cup of squash, of choice, cooked and mashed (ex. butternut, acorn, pumpkin)
- 1 cup sugar (white or brown)
- ½ cup of vegetable oil
- 2 eggs
- 2 teaspoon vanilla
- 1 ½ cups all-purpose flour
- 2 teaspoon cinnamon
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt

INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a large bowl, stir squash and sugar together until there are no lumps. Add oil, eggs, and vanilla. Beat until smooth.
3. To the wet mixture, add flour, cinnamon, baking soda and salt. Stir until just combined.
4. Divide evenly among 10 paper-lined muffin tins. Bake for 25 minutes or golden and a toothpick comes out clean.

For more information, visit thefoodbank.ca/food

Recipe adapted from dinnerwithjulie.com

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