

Winter Squash Protein Muffins

Notes: canned pumpkin (**not** pumpkin pie filler) can be substituted for the cooked, puréed winter squash. You can make this gluten free by substituting gluten free flour for both flours (I use Tom Sawyer brand). You can also substitute dried fruit for the chocolate chips. Final note, you can leave out the sugar in the batter if your protein powder is sweetened. Adapted from Ken Haedrich's "Country Baking Books".

Prep: preheat oven to 350° F

toast nuts in oven for 8 - 10 minutes: cool. Coarsely chop and set aside.

Cook and purée squash.

Line 12 cup muffin tin with paper liners or grease.

Crumb Topping:

- 2 tbsp. cornmeal
- 1 ½ tbsp. all-purpose flour
- 3 tbsp. packed brown sugar
- Pinch of salt
- Pinch of cinnamon
- 1 tbsp. cold unsalted butter

To make crumb topping, mix together in a small bowl all the ingredients. Rub with your fingers until mixture forms large, damp crumbs. Set aside.

Muffin Batter

- ¾ c all-purpose flour
- ½ c whole wheat flour
- 1 c protein powder
- 1 tbsp. baking powder
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 large egg
- 1 ¼ c puréed squash
- 0 – ½ c brown sugar
- ¼ c melted unsalted butter
- 1 tsp vanilla
- 1/3 c milk or almond milk
- ½ c chocolate chips

Combine all dry ingredients and set aside. Beat egg slightly, then add squash, brown sugar, melted butter and vanilla. Stir half the dry ingredients into the egg-squash mixture, followed by the milk, and the rest of the dry ingredients. Fold in chocolate chips and walnuts.

Divide batter evenly among 12 muffins cups. Sprinkle crumb topping over batter and bake at 350° F for 20-25 minutes. Cool muffins in the tin for 10 minutes, then remove and serve warm.