

Harvest Moon Pumpkin Muffins



Ingredients:

- 2 lbs Unbleached All Purpose Flour
- ½ oz. baking soda
- ½ oz. baking powder
- ½ oz. nutmeg
- ½ oz. allspice
- ½ oz. cinnamon
- ¼ oz. ground cloves
- ¾ oz. salt
- 2 ½ lbs. fine granulated sugar
- 16 oz. Asoyia **ULTRA** LOW LIN SOYBEAN OIL
- 8 large eggs, beaten
- 2 large (29 oz.) cans pumpkin puree (not pie filling)
- 8 oz. water
- 8 oz. walnuts or pecans, chopped (optional)
- 8 oz. dried fruit: raisins or cranberries or ginger or pineapple chunks (optional)

Print, trim, and fold on dotted line.

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1. Preheat oven to 350°F.
2. Mix together: flour, soda, baking powder, nutmeg, allspice, cinnamon, clove & salt and set aside.
3. In a large mixer bowl fitted with a wire whip, whip together sugar, oil eggs and pumpkin; blend well. Change to a paddle attachment on your mixer and add half of the dry blend of ingredient and mix on low just until wetted. Do not over mix! Add the water and mix on low until combined. Add the remaining dry ingredients and mix on low until just combined. Do not over mix!
4. Using a large spatula, fold in the nuts and dried fruit just until evenly distributed. If your dried fruit is very dry and hard, soak it for a few minutes in warm water to soften; drain before using.
5. Scoop into muffin cups or lightly oiled (with Asoyia) muffin pans. Bake for 20 to 25 minutes, until the top springs back when lightly touched. Remove from the oven and let cool for 5 minutes to remove from the muffin pan.
6. The number of muffins and bake time depends on the size of your muffin cups.

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