

Date Butternut Squash Muffins

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Home & Harvest, Recipes for Healthy Living

Breads, Biscuits, and Batter, Day 2 Rotation



Servings: 12

Yield: 12

*1 cup butternut squash,
baked, mashed*

1 1/4 cups sorghum flour

1/4 cup oat flour

1/4 cup rolled oats

3/4 teaspoon sea salt

1/4 cup fructose

2 teaspoons baking powder

1/2 teaspoon baking soda

1 each egg

1 each egg white

2 tablespoons safflower oil

3/4 cup oat milk

1 teaspoon cardamom

1 cup dates, chopped

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Preparation Time: 30 minutes

Mix all liquids together. Add mashed butternut squash and chopped dates. Stir until well blended.

Mix all dry ingredients together. Pour dry ingredients into liquid mix and stir until well blended.

Line muffin tins with paper muffin cups.

Pour batter into muffin tins about 3/4 full. (As an option: You can put batter in mini muffin pan instead of standard muffin tins.)

Bake in a preheated oven at 350 degrees F. for 30-35 minutes. (If you decide to make mini muffin, you may want to reduce baking time to just 30 minutes.)

Remove from oven. Let Cool for about 10 minutes. Remove from tin. Let cool another 10 minutes.

Serve with favorite milk. For a sweeter taste, top with your favorite fruit spread or a drop of honey.

Freezes well.

Per Serving (excluding unknown items): 196 Calories; 3g Fat (14.9% calories from fat); 4g Protein; 40g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 278mg Sodium; 13g Total Sugars; trace Vitamin D; 99mg Calcium; 1mg Iron; 236mg Potassium; 133mg Phosphorus. Exchanges: 1/2 Other Carbohydrates.

Start to Finish Time: 1 hour