



Butternut Chia Muffins

These are tasty fall harvest muffins that are loaded with flavor and vitamin A. The squash has a mild, lightly sweet flavor and adds moisture & plenty of fiber. These moist, delicious muffins beat bran for flavor with the fun mix-ins, and chia seeds up the fiber even more.

Do you have about a cup of cooked butternut squash left over from a dinner meal? You can whip up these muffins in a jiffy and have a treat for breakfast or snack. YUM

Ingredients

About ½ of a peeled, seeded, & cubed butternut squash which equals 1 cup
1 ½ cup flour (no whole wheat)
2 heaping teaspoons baking powder
½ cup brown sugar
1 egg
1 tablespoon melted butter
2/3 cup milk
2 tablespoons of chia gel

Seasonings

1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon all spice
¼ teaspoon clove
1 dash salt

You Choose the Mix-Ins: Select what you or your family likes the best, such as: dried cranberries, raisins, chocolate chips, or almost any kind of chopped nut. You can use about 1/2 or 2/3 cup for your desired extras. Mix n' match too for even more variety!

In a medium sauce pan place the cubed squash with enough water to cover. Boil for about 10 minutes or until fork tender. Drain the water and smash up the squash with a fork.

Preheat your oven at 400 degrees and lightly spray your muffin pan cups.
In a bowl combine the flour, baking powder, sugar and all the spices.

In a small measuring cup add the butter and microwave until just melted. Add the melted butter to the smashed squash in the sauce pan & mix. Using the same measuring cup, measure the 2/3 cup milk and add to the squash. Beat in the egg and add the chia gel, then stir.

*It's important to avoid whole-wheat flour, or the muffins will become too dense & heavy

Add about half the flour mixture to the sauce pan and stir to incorporate. Add the remaining flour and stir. Try not to over mix. Stir in your choice of mix ins. Bake these for 20 minutes at 400 degrees. Check for done-ness with a toothpick, if it comes out clean and the tops spring back when touched, the muffins are ready. Remove the muffins and cool on your rack.

Don't like doing the dishes? This recipe mixes up all in the same sauce pan & uses only 1 measuring cup & bowl. Less time making & less time cleaning means...More fun time for you!