

# **Fire on the East Side**

**Neighbourhood Restaurant & Bar**

## **Spiced Pumpkin Muffins**

**Makes 12 muffins**

- 1 cup canned pumpkin puree**
- 2 large eggs, lightly beaten**
- ½ cup buttermilk**
- ½ cup canola or safflower oil**
- 1 tsp pure vanilla extract**
- ¾ cup all-purpose flour**
- ¾ cup natural bran**
- ¾ cup granulated white sugar**
- 1 tsp baking powder**
- 1 tsp baking soda**
- 1 ½ tsp ground cinnamon**
- 1 teaspoon allspice**
- ½ tsp ground cardamom**
- ½ tsp salt**
- 1 cup raisins or dried cranberries**

**Place rack in the middle of the oven and preheat oven to 400 degrees F.**

**Line 12 muffin cups with paper liners or spray with a non stick vegetable spray.**

**In a bowl mix together the pumpkin puree, eggs, buttermilk, oil, and vanilla extract. Set aside.**

**In another bowl, combine the flour, bran, sugar, baking powder, baking soda, cinnamon, allspice, cardamom and**

**salt. Add the milk and egg mixture to the flour mixture. Stir until just combined. Fold in the raisins.**

**Tip: Do not over mix the batter or the muffins will be tough once baked.**

**Fill the muffin cups with the batter using two spoons or an ice cream scoop. Place in the oven and bake for 18 - 20 minutes, or until firm to the touch and a toothpick inserted in the center comes out clean. Place on a wire rack to cool.**

**Enjoy!**