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For Immediate Release

Fall Pumpkin Fun

With the leaves starting to change and the cooler weather ahead, fall is upon us! For many of us, including me, one of our favorite parts of fall is enjoying all different fall foods including winter squash, apples, and pumpkin. Fall also means delicious pumpkin recipes!

The first thing to think about when baking or cooking with pumpkin is what kind of pumpkin are you going to use. You can start most pumpkin recipes with either canned or fresh pumpkin.

- If you decide to use fresh pumpkin, make sure you have selected the right pumpkin for the job. Pumpkins for jack-o'-lanterns are usually larger with stringier pulp. Sugar or pie pumpkins are generally smaller, less stringy, and work well in recipes.
- To prepare pumpkins for recipes, cut it in half and scoop out the seeds. Either bake, boil, or microwave the pumpkin until the pulp is soft. Remove skin and mash it by hand or puree it in a food processor or blender.

A great recipe that uses pumpkin is Mini-Pumpkin Spice Oatmeal Muffins! These muffins are delicious and would make a great snack or part of a balanced breakfast. Pair a couple of mini muffins with a side of fruit and two eggs and you will have a well-balanced breakfast!

Mini-Pumpkin Spice Oatmeal Muffins

Yield: 36 mini-muffins

Ingredients:

- 1 ½ cups all-purpose flour
- 1 cup quick oats
- ¾ cup brown sugar
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 ½ teaspoon pumpkin pie spice
- 1 egg, slightly beaten
- 1 cup canned pumpkin or pumpkin puree (not pumpkin pie filling)
- ¾ cup low-fat milk
- 1/3 cup oil
- ¼ cup quick oats (topping)
- 1 tablespoon brown sugar (for topping)
- 1 tablespoon melted margarine or butter (for topping)
- 1/8 teaspoon pumpkin pie spice (for topping)

Directions:

1. Wash hands with soap and water. Spray mini-muffin tins with cooking spray or use mini-muffin liners.
2. In a medium bowl, combine flour, quick oats, brown sugar, baking powder, baking soda, salt and pumpkin pie spice.
3. Break egg into a small bowl. Wash hands with soap and water after cracking raw egg. Add pumpkin, milk and oil to egg. Mix well.
4. Add liquid ingredients to dry ingredients and stir until just moistened. Fill muffin cups two-thirds full.
5. Mix topping ingredients. Sprinkle topping evenly over muffins. Bake mini muffins at 400°F for 8 to 12 minutes or until evenly browned. Bake regular-sized muffins for 15 to 18 minutes.

This information was adapted from the UNL Food Website. To find out more information or want to learn about more Fall recipes visit <https://food.unl.edu/article/fall-food-and-fitness> or call Buffalo County Extension at 308-236-1235.

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