



# PUMPKIN *Cream Cheese* MUFFINS

Adapted from *The American Country Inn and Bed & Breakfast Cookbook* by Kitty & Lucian Maynard

Bake at 400°F • 18-20 Minutes • 12 Cup Muffin Pan

1 ½ Cups Flour	½ Cup Milk (whole milk or almond milk)
½ Cup Sugar	½ Cup Fresh or Canned Pumpkin
2 Teaspoons Baking Powder	¼ Cup Melted Butter (½ stick)
½ Teaspoon Salt	1 Egg
½ Teaspoon Cinnamon	1 Stick Cream Cheese, (room temperature, cubed)
½ Teaspoon Nutmeg	¼ Cup Shelled Pumpkin Seeds
½ Teaspoon Clove	1 Tablespoon Sugar

Mix all ingredients except for the Cream Cheese, Pumpkin Seeds and 1 Tablespoon Sugar. Mix until blended, be careful not to overmix. Spray coconut oil spray in the 12 cup muffin pan. Pour half of the batter evenly into the prepared muffin cups. Place cubed cream cheese in the middle of each cup. Pour the remaining batter evenly in each muffin cup, covering the cream cheese. Sprinkle the pumpkin seeds over the batter in each cup. Sprinkle the sugar over the batter and seeds in each cup.  
Bake in 400° oven for 18 - 20 minutes.

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