



*Global Cuisine with a Conscience*  
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[www.twocookscateringonline.com](http://www.twocookscateringonline.com)

## PUMPKIN MUFFINS

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1c whole wheat flour

2c white flour

2 1/2 tsp. baking soda

1 tsp. each - cinnamon, nutmeg, allspice

3 tbsp. dark molasses

1 - 15oz. can mashed pumpkin

1c light brown sugar, packed

1c low fat buttermilk

2 eggs

1/4c unsalted butter-softened

Put batter in lined muffin tins. Bake 350' for 20 minutes or until done. Makes 24 muffins.



*Two Cooks Catering is a proud supporter of the Central Coast Grown Program.  
We use fresh, local produce and other ingredients in the food we make.*