



RECIPES

Pumpkin–Ginger Muffins

INGREDIENTS:

- 1 cup all-purpose flour
- ½ cup granulated sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- Pinch ground nutmeg
- Pinch ground cloves
- ¼ cup golden raisins
- 2 Tbsp finely chopped crystallized ginger
- 1 egg
- ¼ cup butter, melted and slightly cooled
- 3 Tbsp water
- ½ cup canned pumpkin puree

INSTRUCTIONS:

1. Preheat oven to 350 degrees. Coat 2 mini muffin tins with nonstick cooking spray or fill with paper liners.
2. In a bowl, combine flour, sugar, baking powder, baking soda, salt, cinnamon, ground ginger, nutmeg, and cloves. Add the golden raisins and crystallized ginger and stir gently to coat.
3. In a separate bowl, beat the egg. Add the butter, water, and pumpkin and stir to combine. Add the egg mixture to the dry ingredients and gently stir to incorporate. Spoon the batter evenly into the muffin cups.
4. Bake for 12-15 minutes, or until the tops just bounce back when touched. Leave in tins for 5 minutes before transferring to a cooling rack.

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Adapted from What to Eat During Cancer Treatment