



# Demonstration Guide

## PUMPKIN APPLE MUFFINS

### Pumpkin

Pumpkin is indigenous to North America.

Pumpkin is fat free, cholesterol free, sodium free, a good source of vitamin C and an excellent source of vitamin A. A serving size of  $\frac{3}{4}$  cup contains 25 calories and 1 gram each of sugar and protein. One pound of raw, unpeeled pumpkin should yield 1 cup finished pumpkin puree.

When selecting a pumpkin, look for one with 1 to 2 inches of stem left. If the stem is cut too low, the pumpkin will decay quickly. Avoid pumpkins with blemishes and soft spots. They should be heavy but shape is unimportant; shape will not alter the taste.

Pumpkins can be stored in a cool, dark place for one to three months.

To prepare pumpkin, rinse to remove dirt and pat dry. Place on a cutting board stem side up. Use a small knife to cut around the stem about two inches out. Remove top, then using a large spoon scoop out the stringy fiber and seeds. Cut the pumpkin in half and scrape the flesh to remove any remaining fiber.

The seeds can be saved for roasting by removing from the fiber, rinsing and placing in a single layer to allow drying. Seeds can be dried naturally or in a dehydrator. Seeds should be dried prior to roasting.

There are three common ways to cook pumpkin: baking, boiling or microwaving.

**To bake** the pumpkin, place the two halves, cut side down, in an ovenproof dish or lined cookie sheet. Bake at 350 degrees F for 1 to 2 hours, or until tender.

Cool, then scrape out flesh and discard rind.

**To boil** the pumpkin, peel rind then cut into uniform cubes, add a small amount of water and cook until tender about 15 to 30 minutes.

**To microwave** the pumpkin, peel rind then cut into uniform cubes, Place in a microwave safe bowl, add a small amount of water and cover. Cook on high about 15 minutes or until tender, moving pieces two or three times during the microwaving process.

Cooked pumpkin may be frozen or canned for future use. To freeze, place pureed pumpkin in a stable freezer container and freeze up to one year. To can, cut peeled flesh into 1 inch cubes. Boil two minutes in water. Fill hot jars with cubes and cooking liquid leaving 1 inch head space. Do not mash or puree pumpkin. Remove air bubbles, wipe rim, add and adjust lid and ring; process in a pressure cooker at 11 pounds pressure; 55 minutes for pints and 90 minutes for quarts.

### Presentation Plan

#### Grocery list:

- All-purpose flour
- Whole-wheat flour
- Baking soda
- Salt
- Ground cinnamon
- Ground ginger
- Ground nutmeg
- Honey
- Eggs
- Pureed pumpkin
- Canola oil
- Granny Smith apples

#### Equipment needs:

- Large mixing bowl
- Small mixing bowl
- Muffin pan
- Vegetable spray or liners
- Measuring cups
- Measuring spoons
- Paring knife
- Spoons to mix
- Spoons to drop batter.

#### Display preparation:

Cover table with cloth or placemats, creating display and preparation area.

Place a pie pumpkin and a carving pumpkin on the table to add color and emphasis on the focus commodity.

#### Demonstration steps:

1. Discuss focus commodity and talking points.
2. Demonstrate how to clean a pumpkin and prepare for cooking or baking.
3. Demonstrate the recipe, placing emphasis on the difference between a "pie pumpkin" and a "carving pumpkin". Talk about the nutrition benefits of pumpkin.
4. Talk about the Granny Smith Apple. They have bright green skins and a tart, crisp taste. Granny Smith apples are often used in recipes, especially pies, because they hold their shape when cooked.

*Presenters, if needed, substitute canned pumpkin for fresh cooked pumpkin but it is suggested to have experience cooking a pumpkin so questions can be easily answered.*

# Pumpkin Apple Muffins

**1¼ cups** all-purpose flour  
**1¼ cups** whole-wheat flour  
**1¼ teaspoons** baking soda  
**½ teaspoon** salt  
**1½ teaspoons** ground cinnamon  
**½ teaspoon** ground ginger

**½ teaspoon** ground nutmeg  
**1¼ cups** honey  
**2** large eggs  
**1½ cups** fresh pureed pumpkin  
**½ cup** canola oil  
**2 cups** Granny Smith apples, finely chopped

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

*For more delicious recipes and information using "Kentucky Proud" fruits and vegetables, contact your local Cooperative Extension Service or visit: [www.kentuckyproud.com](http://www.kentuckyproud.com).*

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## **Plate it up! Kentucky Proud Project**

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