

# Butternut Squash Oat Muffins with Ginger

*Recipe adapted from A School Food Revolution, Alice Waters' forthcoming school food manifesto*

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*These whole grain oat muffins utilize seasonal butternut squash in the batter which gives the muffins great texture and moisture as well as a bit of natural sweetness. Originally made with candied ginger, we have substituted dried ginger and other sweet spices for kid palates. The wet ingredients feature yogurt which gives a tanginess as well as a bit of protein.*

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## Butternut Squash Oat Muffins with Ginger

*(Makes 12 muffins)*

### **Ingredients:**

1 cup all purpose flour  
2/3 c whole wheat flour  
1/2 cup rolled oats  
1/3 cup light brown sugar  
1 tbsp baking powder  
1 tsp salt  
1 tsp ground cinnamon  
1 tsp ginger powder  
1/4 tsp nutmeg  
Zest of one lemon  
2 large eggs  
1/2 cup Greek yogurt  
1 stick unsalted butter, melted  
1/4 cup maple syrup  
1 1/2 cups shredded butternut squash

### **Directions:**

1. Heat oven to 375 degrees and grease or line muffin tin
2. Whisk together dry ingredients

3. Whisk together wet ingredients and add to the dry ingredients, stirring gently until almost combined.
4. Fold in the shredded squash
5. Spoon into muffin tin and bake for 20 minutes until muffins are golden and spring back when tested.
6. Let cool 5 minutes before turning out of muffin tin