

## Butternut Squash, Apple, and Blueberry Muffins

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

**Servings:** 12 Muffins

**Serving Size:** 1 Muffin

### Ingredients:

½ cup 100% pure squash or pumpkin puree\*  
 1 ½ cups quinoa flour  
 ½ cup almond flour  
 ½ teaspoon baking powder  
 ½ teaspoon baking soda  
 ½ teaspoon salt  
 ½ teaspoon ground cinnamon  
 ½ teaspoon ground ginger  
 3 large eggs

¼ cup coconut palm sugar  
 ¼ cup maple syrup  
 1/3 cup coconut oil, melted  
 1 teaspoon pure vanilla extract  
 ½ teaspoon grated lemon zest  
 1 cup blueberries fresh or frozen and thawed  
 1 sweet apple (Gala, Pink Lady, Honey Crisp), peeled, cored, and grated or chopped into fine pieces

Optional: 2 tablespoons chopped nuts (walnuts, almonds, or hazelnuts work well)

### Directions:

1. Heat oven to 350 degrees and line a muffin pan with 12 baking cups.
2. In a large bowl, whisk flours, salt, baking soda, baking powder, cinnamon, and ginger.
3. In a separate bowl, whisk together eggs, squash puree, sugar, maple syrup, oil, and vanilla until smooth. Then fold in lemon zest.
4. Fold wet ingredients into dry ingredients until well incorporated, then fold in apple and blueberries. The batter will be quite thick and sticky – this is normal. Spoon batter into baking cups and sprinkle with nuts (optional).
5. Bake until golden brown and a toothpick inserted in centers comes out clean, about 20-25 minutes.
6. Transfer to a wire rack to cool.

### Tips and Tricks:

\*You can either buy the canned version or if you want to make the puree yourself, buy one small butternut squash. Then peel, de-seed, dice and steam for 10-15 minutes. Then toss it into a blender or food processor and puree until smooth. Freeze extra for up to 3 months.

### Nutritional Information Per Serving:

**Calories:** 188.4  
**Fat:** 10.4 g  
**Cholesterol:** 46.5 mg  
**Sodium:** 194 mg  
**Total Carbohydrate:** 20.3 g  
**Dietary Fiber:** 2.9 g  
**Sugars:** 8.4 g  
**Protein:** 4.5 g