



Test Kitchen Tuesday


Try it. You might like it.

Pumpkin Chard Muffins

From: [Test Kitchen Tuesday](#)

Time Required:

- 15 minutes to prepare batter
- 45 minutes to bake (for jumbo)

Skill Level (out of 5): 

Makes: 6 jumbo or 12 regular muffins

Ingredients:

- 1 ¼ cups whole wheat flour
- ½ cup rolled oats
- 1/3 cup packed brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- 1 cup prepared white beans (if canned, rinse first)
- ¾ cup pumpkin puree
- 1 apple, cored
- 2 cups cleaned and chopped Swiss chard (any variety)
- ¼ cup dried baking buttermilk
- ¼ cup water

Method:

- Preheat oven to 350 F.
- Add dry ingredients to a large bowl and combine
- Dissolve buttermilk in water
- Add beans, pumpkin puree, apple, chard, and dissolved buttermilk into the bowl of a food processor and blend until you have a consistent puree
- Mix wet ingredients with dry, being careful not to over-mix
- Fill prepared muffin tins and bake for 40-45 minutes for jumbo muffins or 20-25 minutes for regular, until an inserted toothpick comes out clean



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Nutrition:

For Jumbo Muffins.

Nutrition Facts	
User Entered Recipe	
6 Servings	
Amount Per Serving	
Calories	254.7
Total Fat	1.8 g
Saturated Fat	0.3 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	0.4 g
Cholesterol	0.0 mg
Sodium	193.9 mg
Potassium	735.8 mg
Total Carbohydrate	62.2 g
Dietary Fiber	10.7 g
Sugars	18.0 g
Protein	9.7 g

Vitamin A	167.1 %
Vitamin B-12	0.0 %
Vitamin B-6	11.3 %
Vitamin C	22.6 %
Vitamin D	0.0 %
Vitamin E	9.5 %
Calcium	14.5 %
Copper	20.7 %
Folate	17.7 %
Iron	25.9 %
Magnesium	34.1 %
Manganese	112.7 %
Niacin	11.4 %
Pantothenic Acid	7.4 %
Phosphorus	25.2 %
Riboflavin	9.6 %
Selenium	28.2 %
Thiamin	21.0 %