

Shaker Pumpkin Muffins

Betsy Gee

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Yield: 15 muffins

3/4 cup brown sugar

1/4 cup molasses

*1/2 cup butter or margarine,
softened*

1 egg, beaten

1/4 cup chopped pecans

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1 cup canned pumpkin

1 teaspoon baking soda

1/4 teaspoon salt

1 3/4 cups flour

Preheat the oven to 375 degrees.

In a bowl, cream the sugar, molasses and butter.
Add the egg and pumpkin. Blend well.

In a bowl, mix the flour, baking soda and salt.
Beat this mixture into the pumpkin batter. Fold
in the pecans.

Fill the cups of a well-greased muffin pan half-
full.

Bake for 20 to 25 minutes.

(These muffins freeze well.)

Per Serving (excluding unknown items): 2791 Calories; 140g Fat (44.2% calories from fat); 37g Protein; 360g Carbohydrate; 18g Dietary Fiber; 460mg Cholesterol; 2888mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 26 1/2 Fat; 10 1/2 Other Carbohydrates.