

Even though muffins are a bit of a treat, there's no reason that they shouldn't give you something more. After a morning of moving hay, raking leaves or walking the dog, an easy edible boost is often required! These are filled with fibre and nutrition, so eat one, enjoy it and let it be.

### *Pumpkin Oatmeal Muffins with Streusel Topping*

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Makes 2 dozen

#### **Ingredients:**

1 t cinnamon

1 t nutmeg

1 t ginger

1 t allspice

3 c flour

2 T baking powder

1 t baking soda

1 t salt

2 eggs

2 c pumpkin (grow your own, bake, scrape and mash, or use tinned)

$\frac{2}{3}$  c canola oil

1½ c brown sugar

1½ c milk

2 c oats (I use large flake, but any will work)

6 T flour

$\frac{1}{4}$  c brown sugar

$\frac{1}{4}$  c butter

Reserved spice

#### **Directions:**

Preheat the oven to 400°

Prepare muffin tins by either lining with paper muffin cups or lightly spraying with cooking spray.

In a small bowl stir together the four spices. Reserve 1 t of the mixed spice for the streusel topping.

In a large bowl, whisk together the flour, baking powder, baking soda, salt and the remainder of mixed spice.

In another large bowl, whisk the eggs, and stir in the pumpkin, oil, brown sugar and milk.

Stir in the oatmeal and let rest for 5 minutes.

While it's resting make the streusel topping.

Mix together the flour, brown sugar, butter and reserved spice. Cut in the butter 'til it resembles coarse meal. I use a mini processor.

Add the dry ingredients to the liquids and oatmeal, and stir until just combined.

Divide evenly between the muffin cups.

Sprinkle the streusel topping evenly over all muffins.

Bake for 22 minutes, until just baked through.

Let rest for 10 minutes before removing to a rack to cool.

1 muffin, a big mug of milky tea and you're all set.