

The Growing Scene, Inc

**Garden Center-Landscaping-Farmstand
17009 Harmony Road, Marengo
(815) 923-7322**

From Grandpa's Garden to Grandma's Kitchen...

GRANDMA'S RECIPE BOOK

Butternut Squash-Oat Muffins

1 1/3 c. oat bran
1 c. rolled oats
1 1/4 c. skim milk
3/4 c. whole-wheat flour
1/2 c. brown sugar
1 Tbs. baking powder
1/2 tsp. nutmeg
1/2 tsp. ginger
1 tsp. cinnamon
3/4 c. cooked butternut squash
2 egg whites
2 T. vegetable oil
1/2 c. raisins

Combine bran, rolled oats and milk in a bowl. In another bowl, mix flour, brown sugar, baking powder and spices. Blend butternut squash, egg whites, oil and raisins in a third bowl, then add to oat-milk mixture. Add the flour-sugar mixture and stir contents just until moist. Grease 12 or more muffin cups with vegetable oil spray and divide the batter equally among them. Bake in a preheated 400 degree oven for 20 to 25 minutes or until lightly browned.