



Pumpkin Gut Chocolate Chip Muffins

Jacob · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

12

Description

Moist and dense delicious muffins are a great use for pumpkin guts

Ingredients

- - 1 tablespoon clarified butter (ghee) - 1 $\frac{3}{4}$ cups pumpkin guts - 1 $\frac{1}{2}$ cups brown sugar - $\frac{1}{2}$ cup butter
- cubed and at room temperature - 3 eggs - 4 cups all-purpose flour
- divided - 2 tablespoons baking powder - 1 teaspoon ground cinnamon - $\frac{1}{2}$ teaspoon ground nutmeg - $\frac{1}{2}$ teaspoon salt - 2 cups miniature semisweet chocolate chips

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin with ghee. Separate the seeds from the stringy pumpkin guts. Place guts into a blender or food processor; pulse until pureed. Mix brown sugar and butter together in a bowl until combined. Add pumpkin puree and eggs; whisk until well blended. Sift 3 cups flour
2. baking powder
3. cinnamon
4. nutmeg
5. and salt together in a bowl. Add flour mixture to pumpkin mixture and stir until absorbed. Add as much of the remaining 1 cup flour as needed to create a batter that is moist but thick enough to stand a spoon in. Stir in chocolate chips. Divide batter evenly between the 12 muffin cups. Bake in the preheated oven until a toothpick poked into the center comes out clean
6. 20 to 25 minutes. Cook's Note By pumpkin guts
7. I literally mean the stringy
8. gooey stuff that normally gets thrown away. I process mine using my older Ninja blender. I find that about 4 cups of guts will process down to about 2 cups. A great variation is to use 1 cup chopped walnuts plus 1 cup fresh or frozen cranberries instead of the 2 cups chocolate chips.