



Pumpkin Cream Cheese Muffins

Makes about 20 muffins

1 – 8 oz. package of cream cheese at room temperature
1 cup (128 grams) of confectioner's sugar
2 cups (450 grams or 16 oz.) pumpkin puree (canned or homemade)
1/3 cup chopped walnuts
1/3 cup (67 grams) sugar for the topping
1 TBS cinnamon powder for the topping
3 cups (384 grams) of flour
1 tsp. salt
1 tsp. baking soda
2 tsp. allspice
1 tsp. ground cloves
1 tsp. ground ginger
1 tsp. ground nutmeg
2 tsp. ground cinnamon
4 large eggs at room temperature
2 cups (402 grams) of sugar
1 ¼ cups vegetable oil
1 tsp. vanilla paste or vanilla extract

First prepare the cream cheese by mixing it with the cup of confectioner's sugar. Mix it well and transfer it onto a board lined with some plastic wrap. Form a log of approximately 1- inch in diameter. Wrap the log in some aluminum foil and freeze it for a minimum of 2 hours. You can make this the day before of you want to do it ahead of time.

If you using homemade pumpkin puree measure out 2 cups and place it in a colander inside a bowl. Allow the excess liquid to drain out of the pulp and discard it.

Preheat the oven to 350 degrees F (180 C). Prep a muffin tin with some liners.

Place the nuts, 1/3 cup sugar and 1 TBS cinnamon powder in a bowl and mix well. Set aside.

In another bowl place the flour, salt, baking soda, allspice, cloves, ginger, nutmeg and 2 tsp. cinnamon and mix well. Set aside.

Place the eggs in another bowl. Add the 2 cups of sugar, oil, pumpkin and vanilla. Beat until it is uniform and well mixed. Add the flour and mix well. Do not over beat.

Remove the cream cheese from the freezer, unwrap it and cut it into 24 equal sizes.

Place a heaping TBS of batter in each muffin liner. Add a piece of cream cheese in the middle and top off with another TBS of batter. Generously sprinkle the topping over the muffins.

Place the muffins into the oven for 20 to 25 minutes. Check it at 20 minutes, by placing a pick on the sides and not the center of the muffin – do not pierce the cream cheese. Remove the cooked muffins and leave them in the pan to cool down for a few minutes. Transfer them to a cooling rack and wait until they are completely cold. Do not bite into the muffin if it is still warm because the cheese will burn your lips.

Serve and enjoy!

CALORIES 316.26; FAT 16.55 grs (sat 3.93; mono 3.88; poly 7.58); PROTEIN 3.72 grs ; FIBER 1.42 grs; CARBS 39.36 grs; CHOLESTEROL 39.56 mg; IRON 1.31 mg; SODIUM 193.38 mg; CALCIUM 29.49 mg