



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Gluten-Free Pumpkin Pecan Crumble Muffins

Serves 12 large muffins

Ingredients for the topping:

1/3 cup flour (e.g. Bob's Red Mill GF baking flour)
6 TBSP unsalted butter (melted)
1/3 cup demerara sugar (also called turbinado sugar)
1 cup pecans (chopped)
¼ tsp ground cinnamon

Ingredients for the muffins:

2 cups flour (e.g. Bob's Red Mill GF baking flour)
½ tsp salt
½ tsp baking powder
1 tsp baking soda
1 tsp ground cinnamon
1 tsp ground nutmeg
1 ½ sticks (¾ cup) unsalted butter (softened)
1 ½ cups granulated sugar
2 large eggs
1 (15-oz) can 100% pure pumpkin puree



Directions:

1. Preheat oven to 350 degrees F. Spray standard muffin pan with nonstick cooking spray.
2. Begin making the crumble topping: Combine all ingredients in a small bowl. Set aside.
3. Begin muffins: Whisk together the flour, salt, baking powder, baking soda, cinnamon, nutmeg.
4. In a separate bowl, use an electric mixer to beat butter and sugar on low speed until just blended. Add eggs one at a time, beating well after each addition. Continue beating until light and fluffy. Add the flour mixture and mix on low speed until just combined.
5. Fill each muffin cup completely with batter. Divide topping evenly over the muffins.
6. Bake for 35-40 minutes, or until toothpick comes out clean. Let muffins cool in pan for 10 minutes before turning onto rack to cool completely.

Nutrition Tips:

1. We used Bob's Red Mill glute-free baking flour for this recipe, but you could use a different flour should you choose. For the non-gluten-free flour, consider a white whole wheat flour.
2. If you have a pecan allergy or simply don't love pecan, substitute this ingredient for a different heart-healthy nut/legume such as almonds, peanuts, or walnuts.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Nicolette brings an integrative approach as she supports patients with nutrition plans.