



...from our kitchen to yours

Wheatena Honey Pumpkin Muffins

- 1 cup solid pack Pumpkin (canned)
- 1 cup milk
- 1/4 cup melted butter
- 1/4 cup honey
- 1 egg, slightly beaten
- 1 cup **Wheatena**
- 1 cup all-purpose flour
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup chopped walnuts (optional)

Preheat oven to 400 degrees F. Combine pumpkin, milk, egg, butter and honey; mixing well. Combine flour, **Wheatena**, sugar, baking powder and salt; add to pumpkin mix until moistened. Mix in walnuts if desired. Spoon into greased medium muffin pans, filling each cup half full and bake for 15 minutes or until lightly golden brown.

