



CRITTER HAVEN

Recipe of the month

Howl-O-Ween Tricking Treats

2 ½ cups water
½ cup canned pumpkin
1/8 teaspoon vanilla
1 egg
4 cups whole-wheat flour
¼ cup chopped pecans
1 tablespoon nutmeg
¼ teaspoon cinnamon
¼ cup oats

- Preheat oven to 350 degrees
- In a bowl, mix, water, pumpkin, vanilla and egg thoroughly
- Combine flour, pecans, baking powder, nutmeg and cinnamon in a separate bowl, stirring well.
- Add wet ingredients to dry and mix well, making sure no dry mixture is left
- Spoon into a greased muffin tin, filling each cup completely, sprinkle the top of each muffin with oats and bake for 1 ¼ hours. Cool completely and store in a sealed container.