

Pumpkin Pie Spice — True Cinnamon

EASY PUMPKIN MUFFINS



FEATURE
RECIPE 10/01/16

EASY PUMPKIN MUFFINS

For pumpkin lover's, there is really nothing better than a moist and delicious pumpkin muffin that has just the perfect pumpkin flavor (no nuts, no filling, and no sugary topping - just pumpkin). That is what you have with this recipe. It is an easy to prepare, simple & great muffin, loaded with pumpkin flavor - made even better with Pumpkin Pie Spice and True Cinnamon. So perfect and so simply good- these are hard to resist!

Ingredients

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| 1 3/4 cup flour | 1 1/2 tsp Pumpkin Pie Spice |
| 1 cup white sugar | 2 eggs |
| 1/2 cup light brown sugar | 1 (about 15 ounce can) pumpkin puree (recommend "Libby's") |
| 1 tsp baking soda | 1/2 cup canola oil |
| 1/2 tsp salt | 1 tsp vanilla extract |
| 2 tsp True Cinnamon | |

Directions :

Preheat oven to 375 degrees. Spray (with non-stick cooking spray) muffin liners and 12 large muffin tin cups. In a large bowl, mix together flour, sugars, baking soda, salt, and spices. In a separate bowl, blend together pumpkin, eggs, oil, and vanilla. Pour the pumpkin mixture into the flour mixture and stir until blended (do not over mix). Fill each muffin cup with a large scoop of the mixture (fill each cup to the top with the batter). Bake the muffins for about 20 minutes or until a knife inserted into the middle of the muffin comes out clean. Cool the muffins on a wire rack.

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Herbes De Provence- Thyme-Garlic Granules- Parsley-White Pepper

Potato Leek Soup With Herbes de Provence



RECIPE OF
THE WEEK 10/01/16

Potato Leek Soup With Herbes de Provence:

This is a lovely, creamy, French-based soup, that is loaded with herb flavors. The Herbes de Provence adds a delicious addition to this recipe and is a perfect complement to the potatoes, leeks, and fennel. Don't forget the white pepper as the finishing addition to the soup - it gives just the right final accent. This is a wonderful and savory soup - so delicious, you will want to make it again and again.

Ingredients:

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| 2 Tblspns Butter | 4 cups chicken stock (recommend, "Better Than Bouillon") |
| 1 small leek, white and green parts only, thinly sliced | 1 lb potatoes (Yukon Gold or Russett), uncooked, peeled and cut into 1/2 inch pieces |
| 1 small onion, chopped | 1 Tblspn dried parsley |
| 1 small fennel bulb, halved, cored and chopped | 1 Tblspn Herbes de Provence |
| 1 medium celery rib, thinly sliced | 3/4 cup light cream |
| 1/2 shallot, finely chopped | 1/2 tsp white pepper |
| 1 tsp dried thyme | Fresh chives for garnish |
| 1 tsp garlic granules | |
| Salt (to taste) | |

Directions:

In a large saucepan melt the butter and then add the leeks, onion, fennel, celery, shallot, thyme, garlic and salt. Cook this mixture over medium heat until the vegetables are soft and just starting to turn brown (about 10 minutes). Add the chicken stock, potatoes, parsley and Herbes de Provence. Bring this to a boil and then simmer the soup until the vegetables are tender (about 20 - 30 minutes). Add the light cream to the soup and simmer over medium heat until slightly thick. Season with salt to taste and then add the white pepper. Serve hot and garnish with the fresh chives.

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