



**Abel+Schafer, Inc.**  
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## Whole Grain Pumpkin Muffins

#22260 Whole Grain Muffin Mix	10 lbs.	
Water	3 lbs.	
Whole Eggs	3 lbs.	8 oz.
Oil	3 lbs.	8 oz.
Pumpkin Puree	1 lb.	4 oz.
Cinnamon		$\frac{3}{4}$ oz.
Nutmeg		$\frac{1}{4}$ oz.

Garnish:

<b>#02122 Florenta (1 pouch)</b>		500g
Pumpkin Seeds	1 lb.	8 oz.

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- Mix all ingredients for 6-8 minutes in Medium Speed.
- Deposit into Muffin pans.
- Sprinkle with each muffin with  $\frac{3}{4}$  oz. of Florenta-Pumpkin Seed Mixture.
- Bake at 380-390F for 20-25 minutes depending on size