



## **Buckwheat Pumpkin Muffins**

### **Ingredients**

3 eggs  
½ cup oil  
1 cup buttermilk  
1 tsp vanilla  
½ cup Agave Nectar (or ½ cup Maple Syrup or ¾ cup of honey)  
2 cups pureed pumpkin  
2 ½ cups buckwheat flour (I used 2 cups Buckwheat & ½ cup Spelt Flour)  
1 tsp baking powder  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp ground cloves  
½ tsp ground ginger  
1 cup raisins

### **Method**

Preheat oven to 350°F/190°C.

In a large bowl, beat eggs. Add oil, buttermilk, vanilla and Agave. Beat well. Add pumpkin puree and beat again.

Sift together buckwheat flour, baking powder, baking soda and spices. Add to pumpkin mixture. Mix well. Stir in raisins. Pour into a muffin tray lined with patty pans and fill each to the top. Bake for 20 minutes. Makes approximately 20 muffins.