



By Chef Jacob Griffin, Crown Maple

Crown Maple Candied Pumpkin Muffin

Candied Pumpkin Topping:

3.5 cups	Raw chopped pumpkin (small chop, peeled and seeded)
1 cup	Crown Maple Medium Amber
1 cup	Water
½ cup	Granulated Sugar

- 1) Place raw and chopped pumpkin into a medium sauce pot with Crown Maple Medium Amber, water and sugar and bring to a boil.
- 2) Reduce temperature to a simmer and cook for 20-25 minutes until pumpkin is fully saturated with sugar. Stir every few minutes to keep pumpkin from sticking on the bottom.
- 3) Strain pumpkin from cooking liquid with a metal strainer and let cool over a parchment lined sheet tray.
- 4) Store for up to 6 months refrigerated in an air tight container.

Pumpkin Muffin

(Makes 20 muffins)

3 cups + 2 tbsp	All-purpose flour
½ teaspoon	Baking powder
1.5 teaspoons	Baking soda
½ teaspoon	Granulated salt
½ teaspoon	Ground cinnamon
2 cups	Crown Maple Sugar (about 12-oz)
2 each	Whole large eggs
½ cup	Vegetable Oil
1.5 cups	Apple Cider
2.5 cups	Pumpkin Puree
2 cups	Candied Pumpkin (See recipe above- you may substitute with dried cranberries, dried cherries, or raisins)

- 1) Combine dry ingredient and mix well: flour, baking powder, baking soda, salt, cinnamon and Crown Maple Sugar)
- 2) Separately, combine wet ingredients and whisk together: eggs, vegetable oil, cider and pumpkin puree)
- 3) Gently fold together wet and dry ingredients, then fold in candied pumpkin
- 4) Bake at 350 degrees F for 20-30 minutes until a toothpick inserted in the center of a muffin comes out clean.

Crown Maple Butternut & Apple Puree

(Makes 4 Servings)

4 cups	Chopped raw butternut squash
to taste	Salt & Pepper
Light drizzle	Olive Oil
1 tablespoon	Crown Maple Dark Amber

1/2 cup	Carrots, Chopped
1/2 cup	Celery, Chopped
1 cups	Onions, Chopped
2 each	New York Apples
2.5 cups	Chicken Stock
1 teaspoons	Granulated Salt
1.5 tablespoons	Crown Maple Dark Amber

- 1) Place chopped butternut squash on a parchment lined sheet tray and lightly season to taste with salt and pepper. Drizzle olive oil and Crown Maple Dark Amber to lightly coat.
- 2) Roast at 350 degrees F for 15-20 minutes or until butternut is tender.
- 3) While butternut is roasting, over medium heat, cook onions, carrots, celery and apples in a large stockpot until tender.
- 4) Remove from heat and add butternut and chicken stock. Puree with an immersion blender or food processor.
- 5) Return puree to stockpot, add salt and Crown Maple and bring to a simmer. Serve immediately.

Crown Maple Breakfast Parfait

(Makes two)

1 each	Muffin (your choosing)
1 each	New York apple (bananas and berries are great substitutes too!)
½ cup	Granola
1 cup	Plain Greek Yogurt
3 tablespoon	Crown Maple Dark Amber

- 1) Chop or break muffin into two parfait cups
- 2) Chop apple (washed and cored), then layer equally into each of the parfait cups.
- 3) Place ¼ cup of granola into each cup
- 4) Place ½ cup of Greek yogurt into each cup
- 5) Drizzle Crown Maple Dark Amber on top of each.

Enjoy!