

Invited

AUTUMN RECIPES

BREAKFAST

PERFECT AUTUMN PUMPKIN BREAD/ MUFFINS | *Denise Beck*

- 3 1/2 C. flour
- 3 C. sugar
- 2 tsp. baking soda
- 1 1/2 tsp. Salt
- 2 tsp. Cinnamon
- 2 tsp. Ground nutmeg
- 2 tsp. Ground cloves
- 1 tsp. Allspice
- 1 C. vegetable oil
- 2/3 C water
- 4 large eggs
- 2 C. pumpkin

Combine all ingredients. Pour in 3 greased loaf pans or muffins pans. Bake @ 350' for 50 mins to 1 hour.

PUMPKIN SPICE LATTE | *From One Kitchen to Another*

- 1 C Hot milk
- 1/8 tsp. Pumpkin pie spice
- 1 1/4 tsp. Sugar
- 2 oz coffee
- 1/8 tsp. Vanilla

Heat all ingredients on the stove top and enjoy. No espresso machine required!

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SAUSAGE EGG AND CHEESE SAVORY BREAKFAST MUFFINS | *The Spruce Eats*

- 8 ounces breakfast sausage (uncooked and with casings removed)
- 3/4 cup frozen chopped spinach (thawed and drained)
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 6 tablespoons butter (unsalted)
- 1 1/4 cups buttermilk
- 2 eggs
- 1 teaspoon maple syrup
- 1 cup shredded cheddar cheese
- 1 tablespoon of chives (finely chopped)

Preheat the oven to 375 F. Coat a muffin tin generously with cooking spray or melted butter.

Cook the breakfast sausage in a cast iron skillet on medium-high heat. Break up the sausage as it cooks and continue cooking until it is no longer pink and is completely cooked through. Drain excess fat from the pan and remove from the heat.

Add the spinach to the sausage.

Whisk together the flour, baking powder, baking soda, salt, and ground pepper in a large bowl. Cut the butter into chunks and add it to the flour mixture. Use a pastry cutter or two forks to cut the butter into the flour until it is completely incorporated.

Whisk the eggs and buttermilk together and then add it to the flour and butter mixture. Stir until combined and add in the sausage and spinach mixture, maple syrup, and the shredded cheddar. Stir until everything is incorporated.

Divide the batter evenly among the greased muffin tins. Bake the muffins for 20 to 25 minutes, or until a toothpick comes out clean.

Remove the muffins from the oven and allow them to cool slightly before taking them out from the tins to finish cooling on a cooling rack. Eat them warm or allow them to completely cool before transferring them to a plastic bag to freeze them. You can also store them in an airtight container in the refrigerator until you are ready to eat them.

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APPLE CRUMB CAKE | *Allrecipes*

Dry Ingredients:

- 2 teaspoons unsalted butter
- 2 cups all-purpose flour
- 1/2 teaspoon fine sea salt
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda

Crumble Mixture:

- 1 1/2 cups finely chopped toasted walnuts
- 1/3 cup packed light brown sugar
- 1/3 cup white sugar
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 3 tablespoons unsalted butter, melted

Wet Ingredients:

- 1/2 cup unsalted butter, at room temperature
- 1 cup white sugar
- 2 large eggs
- 1 1/2 teaspoons vanilla extract
- 1 cup plain yogurt
- 2 each Honeycrisp apples

Preheat oven to 350 degrees F (175 degrees C).
Butter a 9x12-inch baking dish generously.

Whisk flour, sea salt, baking powder, and baking soda together in a bowl. Set aside.

Combine walnuts, brown sugar, white sugar, salt, cinnamon, and melted butter in a bowl. Mix until walnuts and sugar are thoroughly coated with butter.

Cream butter and sugar together in another bowl with a spatula until well blended. Add 1 egg and whisk until mixture is smooth, 2 to 3 minutes. Whisk in second egg until thoroughly incorporated. Add vanilla extract and yogurt; whisk together. Add flour mixture to wet ingredients; whisk just until flour disappears. Do not overmix.

Cube apples. If you cut your apples too big, your cake will be done but the apples will not be, so take your time and make them small.

Add to cake batter, folding in with a spatula until just combined.

Spread 1/2 of the batter evenly into the bottom of the prepared baking dish.

Scatter 1/2 of the crumble mixture evenly over the top. Top with the rest of the batter in dollops. Spread carefully to evenly distribute, trying not to disturb the crumbs. Top with the rest of the crumb mixture. Press crumbs into the batter very gently.

Bake in the center of the preheated oven until a toothpick or bamboo skewer inserted into the center comes out clean, about 40 minutes. Let cool to room temperature, about 30 minutes, before slicing and serving.