

## Three Sisters Stay Together Muffins

*Serves 6*

Corn – represented by corn muffin mix  
Squash – represented by canned pumpkin  
Beans – represented by lima beans



### **Ingredients:**

8.5 oz Jiffy corn bread mix  
4 oz Canned pumpkin  
1/3 c Milk  
1 Egg  
8 Thawed frozen lima beans

### **Directions:**

Open mix package and pour into bowl  
Measure & add pumpkin  
Measure & add milk  
Crack and add egg  
Spoon batter into regular or mini-muffin tins  
Push 1 lima bean into each muffin cup w/chopstick  
Put muffin tin into oven and set timer  
Test for doneness, and take out of oven

Serving: 1 regular muffin or 2 mini muffins each.

*Makes 6 regular and 12 mini muffins.*

*Nutritional info not available at this time.*