

# Pumpkin Muffins



**IN AUTUMN PUMPKINS ARE IN ABUNDANCE. MAKE THE MOST OF IT WITH A BATCH OF THESE TASTY MUFFINS.**

<b>DIFFICULTY</b>	Easy
<b>PREP. TIME</b>	20 mins
<b>COOKING TIME</b>	20 mins
<b>SERVES</b>	12

## INGREDIENTS

2 cups of wholemeal self-raising flour  
¼ teaspoon of salt  
½ teaspoon of ground cinnamon  
½ teaspoon of nutmeg  
½ teaspoon of bicarbonate soda  
¾ cup of brown sugar  
1 beaten egg  
½ cup of milk  
¼ cup olive oil  
1 cup of mashed pumpkin

## EQUIPMENT

Masher  
Large mixing bowl  
Wooden spoon  
Muffin pan

## Method

1. Turn oven on to 180 degrees Celsius.
2. Grease muffin tin with a very small amount of olive oil.
3. Mix together all dry ingredients in a bowl using a wooden spoon.
4. Add egg, milk, oil and pumpkin and continue to mix continuing to use the wooden spoon.
5. Spoon mixture into muffin pan.
6. Bake in oven for 20 – 25 minutes.

## Tips

- To increase the fibre content of these muffins we have used wholemeal self-raising flour. To add even more fibre and nutrition you could also add a handful of walnuts.
- Freeze muffins in a container and take out as you need for an arvo or morning snack.

**RECIPE INSPIRATION FROM ST FRANCIS OF THE FIELDS PRIMARY SCHOOL WHERE THESE MUFFINS ARE A SCHOOL LUNCH BOX HIT**

