

PUMPKIN, TOMATO & SPINACH SAVOURY MUFFINS



Makes 15 muffins/ 25 mins prep / 20 mins bake

Ingredients:

2 Cups Pumpkin, cubed & cooked

1/4 Cup Sundried Tomatoes, sliced

1 Cup Baby Spinach, roughly chopped

1.5 Cups Self Raising flour *

2 Large Eggs, lightly beaten

3 Tbs Sunflower Seeds

3/4 Cup Milk

3/4 Cup Parmesan cheese, grated

1/4 Cup Feta cheese, crumbled

2 Tbs Extra Virgin Olive Oil

Shake of Sea Salt + Black Pepper

Handful of Pumpkin Seeds for topping (optional)

Method

1. Bake the pumpkin ~ Preheat oven to 200C (400F), place cubed pumpkin on a line tray and brush with 1 Tbs Olive Oil. Bake for 15 – 25 minutes or until cooked through entirely. Set aside to cool.
2. In a large mixing bowl add the Spinach, Sunflower seeds, Parmesan, Feta, Sundried Tomatoes, and cooked Pumpkin. Gently fold together.
3. In a separate smaller bowl whisk the Eggs, Olive oil and Milk together, then add this to the pumpkin mix. Gently fold.
4. Sift the flour onto the pumpkin mix, top with the salt and pepper and gently fold together, being careful not to over mix.
5. Spoon the mixture into your well-greased muffin tin or using silicon cups in place, filling each hole approx. 3/4 full. Top each muffin with a few pumpkin seeds (optional). Savoury Muffins

6. Bake for approx. 20 minutes and when the muffins have cooked through completely. Let them cool for a couple minutes on a cooling rack before serving or storing.

Can be stored in an airtight container in the fridge for up to 1 week or frozen for a couple of months.

*Gluten Free Flour can be used as a substitute in this recipe



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