

# Pumpkin Muffins

## Ingredients:

500g peeled and cubed pumpkin  
100g wholemeal self- raising flour  
200g self raising flour  
75g plain flour  
½ teaspoon mixed spice  
¼ teaspoon nutmeg  
115g brown sugar  
2 eggs  
125mls vegetable oil  
125ml milk  
1 teaspoon vanilla essence

## Equipment:

Large knife  
Green chopping board  
Steaming pot  
Sifter  
Measuring cups and spoons  
Small measuring jug  
Scales  
Potato masher  
Large bowl  
2 x Medium bowl  
Large metal spoon  
Whisk  
2 x small muffin trays

## Method:

<ol style="list-style-type: none"><li>1. Pre heat oven to 210c.</li><li>2. Grease muffin Trays.</li><li>3. Peel and cube pumpkin.</li><li>4. Using a steaming pot, steam pumpkin until tender, Place in a medium bowl mash and leave to cool.</li><li>5. Sift flours, mixed spice and nutmeg into a large mixing bowl, returning the husks to the bowl. Stir in the sugar and make a well in the centre.</li></ol>	<ol style="list-style-type: none"><li>6. Whisk eggs, oil, milk and vanilla together and pour into the well in the dry ingredients with the pumpkin. Stir with a metal spoon until just combined. Do not over mix – the mixture should be lumpy.</li><li>7. Spoon mixture into muffin tin, filling each hole about three-quarters full. Bake for 15 - 20 minutes or until a skewer comes out clean when inserted into the centre of a muffin. Leave muffins the tin for 5 minutes before lifting out onto a wire rack to cool.</li></ol>
--	---