

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">1. Pre heat oven to 210c.2. Grease muffin Trays.3. Peel and cube pumpkin.4. Using a steaming pot, steam pumpkin until tender, Place in a medium bowl mash and leave to cool.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.	<ol style="list-style-type: none">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.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.
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