

Pumpkin & Honey Muffins

Season: Autumn

Makes: 12 muffins

Fresh from the garden: pumpkin

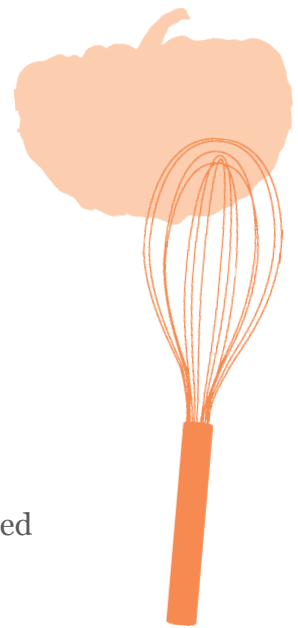
Have fun experimenting. Substitute pumpkin with sweet potato, and substitute pepitas and sunflower seeds with pine nuts.

Equipment:

metric measuring cups
and spoons
1 × 12-hole muffin pan
bowls – 2 large, 1 small
fine grater
whisk
spatula
toothpick
steamer
wire cooling rack
serving platter

Ingredients:

olive oil, for greasing
1¼ cups wholemeal flour
½ cup plain flour
1 tsp baking powder
½ tsp baking soda
¾ tsp sea salt
1 tsp ground cinnamon
2 tsp freshly-grated nutmeg
¼ tsp ground cloves
¼ tsp ground ginger
1 cup mashed pumpkin
½ cup extra-virgin olive oil (or melted
coconut oil)
½ cup honey
2 eggs, at room temperature
3 tbsp pepitas
2 tbsp sunflower seeds



What to do:

1. Preheat the oven to 180°C. Grease the muffin pan holes with olive oil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix the flours, baking powder, baking soda, salt and spices in a large bowl.
4. Combine the mashed pumpkin, olive oil, honey and eggs in another large bowl, until well-mixed.
5. Add the flour mixture to the pumpkin mixture and whisk to combine. Be careful not to overdo it.
6. Divide the mixture into the prepared muffin pan. Sprinkle with pepitas and sunflower seeds.
7. Bake for 20 minutes, until a toothpick inserted in the centre of a muffin comes out clean.
8. Rest the muffins in the pan on the wire rack for 10 minutes, then lift out and serve.