

Pumpkin, Polenta and Herb Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 35-45 minutes



½ serve per portion

Ingredients

300g pumpkin, peeled and cut into 4cm pieces

1 cup wholemeal self-raising flour

½ cup self-raising flour

1 cup instant polenta

½ small red capsicum, very finely chopped

1 tablespoon thyme leaves

2 tablespoons pepitas (pumpkin seeds)

1 cup natural yoghurt

2 eggs

1 tablespoon extra virgin olive oil

1 cup cheddar cheese, grated

1 tablespoon parmesan cheese, grated



Everyday Food

Method

PREHEAT oven to 200°C. Line a 12-hole muffin pan with baking paper.

ADD the pumpkin to a saucepan and cover with water, then boil for 5-10 minutes, or until soft.

DRAIN then mash the pumpkin with a fork. Set aside to cool.

COMBINE the flours, instant polenta, capsicum, thyme and half the pepitas in a large bowl, making a well in the centre.

WHISK the yoghurt, eggs and oil in a separate bowl until combined.

ADD the mashed pumpkin and cheeses to the egg mixture and combine.

POUR the wet ingredients into the dry ingredients and gently stir until just combined.

DIVIDE the batter evenly among the muffin holes and scatter the remaining pepitas over the top.

BAKE for 30-35 minutes, or until the muffins are golden and a skewer comes out clean.

Recipe courtesy of the Country Kitchens team