

Spiced Pumpkin Muffins

Serves: 12

Prep time: 20 minutes

Cook time: 20-25 minutes



½ serve per portion

Ingredients

¾ cup self-raising flour

¾ cup wholemeal self-raising flour

½ teaspoon nutmeg

½ teaspoon mixed spice

½ cup firmly packed brown sugar

½ cup sultanas

1 egg

½ cup milk, reduced fat

¼ cup vegetable oil

1 cup pumpkin, mashed and cooled



Discretionary Food

Method

PREHEAT oven to 180°C and line a 12-hole muffin pan with muffin cases.

SIFT flour and spices into a bowl and stir in sugar and sultanas.

BEAT egg, milk and oil together in a separate bowl.

ADD pumpkin to egg mixture and combine well with a whisk.

ADD the dry ingredients to the wet ingredients and combine.

SPOON mixture into muffin holes.

BAKE for 20-25 minutes or until a skewer comes out clean.

Recipe courtesy of Beverley Milligan, Millaa Millaa Branch