

Bush Tomato and Herb Muffins

Serves: 6

Prep time: 15 minutes

Cook time: 20 minutes



½ serve per portion

Ingredients

2 cups self raising flour
1 tablespoon dried, ground bush tomato
1 egg, lightly beaten
30g margarine, melted
2 tablespoons milk, reduced fat
1 cup mashed pumpkin
1 zucchini, grated with excess liquid squeezed out
2 tablespoons parsley, finely chopped
2 tablespoons chives, finely chopped
Sesame seeds (optional)
6 cherry tomatoes, halved

Method

PREHEAT oven to 180°C. Line a 12-hole muffin pan with muffin cases.
COMBINE the flour and dried bush tomato in a large bowl.
COMBINE the egg, margarine and milk together in a small bowl and then add to the flour.
FOLD in the pumpkin, zucchini, parsley and chives being careful not to over mix.
SPOON the mixture into lined muffin trays.
SPRINKLE the muffins with sesame seeds and then place a cherry tomato half on top.
BAKE in oven for 20 minutes or until golden brown and cooked through.



Everyday Food

Recipe courtesy of the Country Kitchens team