

Pumpkin, feta and spinach muffins

Ingredients

- 5 free-range eggs
- 100g (3oz) feta, crumbled
- 250g (1/2lb) pumpkin, diced and baked
- handful spinach
- 1 cup wholemeal SR flour
- $\frac{1}{4}$ cup olive oil
- 1 tbsp chopped basil

Equipment

- Metric spoon & cup measures
- Sharp knife
- baking dish
- muffin trays

1. Pre-heat the oven to 175C fan-forced and line a 12-hole muffin tin with liners.
2. Combine all the ingredients in a large bowl.
3. Divide the batter between the cupcake cakes and bake for 25-30 minutes or until golden.
4. Serve warm from the oven or at room temperature.



