

Pumpkin, feta and spinach muffins 2

Ingredients	Equipment
<ul style="list-style-type: none">• 2 cups flour• 4 tsp baking powder• 1/4 tsp salt• 50g butter• $\frac{1}{2}$ cup milk• 1 egg, beaten• 2 tbsps sweet chilli sauce• 1 packet feta cheese, cubed• 2 cups pumpkin, cubed and roasted• 1 onion• 2 cups spinach	<ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• baking dish• muffin trays
<ol style="list-style-type: none">1. Pre-heat the oven to 180 degrees. It is best to prepare your choice of vegetables before you start, like roasting the pumpkin cubes and chopping the onion and spinach - set aside in a bowl.2. Mix together flour, baking powder, salt and feta. Add vegetables to dry ingredients. Melt butter and combine with milk, egg and sweet chilli sauce. Add to dry ingredients. Mix to combine, but remember to not over mix. Spoon the mixture into a greased muffin tray.3. Bake at 180 degrees for at least 15 minutes. Cool in pan on a	

rack five minutes, then transfer muffins from pan to rack and cool to warm or room temperature.

