

Pumpkin Muffins



Prep Time 1 hr **Cook Time** 1 hr **Serves** 12 large muffins

These are perfect with cream cheese frosting, use our recipe or find one online.

	Ingredients	Method
1	450g pumpkin (or butternut squash)	Heat the oven to 180°C/160°C fan/gas 4. Line a 12-holed baking tin with muffin cases. Cut the pumpkin or squash in half and scoop out any seeds. Put cut-side down onto a baking tray lined with baking paper. Roast for 30-40 mins or until completely soft. Leave to cool, then scoop out the flesh into a blender (discarding the skin) and whizz until you have a smooth paste. You can use a hand blender here, or a potato masher. Weigh out 300g of the paste and set aside (you can freeze any leftovers for another time).
2	250g plain flour 1 tsp baking powder ½ tsp bicarbonate of soda 1 tsp ground cinnamon ½ tsp ground ginger ½ tsp ground nutmeg ¼ tsp ground cloves Pinch of salt (approximately ¼ tsp)	In a medium bowl, mix the flour, baking powder, bicarbonate of soda, cinnamon, ginger, nutmeg, cloves and salt. Set aside.
3	150g butter or baking spread 175g caster sugar	Make sure the butter or baking spread is soft before you use it. In a large bowl, beat the butter and sugar until it is light and creamy in colour.
4	3 eggs	Add the eggs to the butter mix, along with the dry ingredients and the pumpkin puree. Mix until everything is well combined.

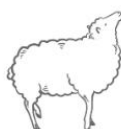
	Ingredients	Method
5		Divide between the 12 cases and bake for approximately 20 minutes, or until a small knife or skewer inserted into the middle comes out clean. Once completely cool, top with cream cheese frosting and a drizzle of caramel.



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