



# Vegie and pepita muffins

A recipe fit for Royal-Tea



**Cancer Council**  
Australia's Biggest  
Morning Tea

# Vegie and pepita muffins



 **Preparation time:** 15 minutes

 **Cooking time:** 25 minutes

 **Serves:** 12

**0.5 serves** of veg per muffin

 **Diet and allergies:** Vegetarian

## Ingredients

- 1 cup pumpkin, cut into 1cm dice
- 1 zucchini, grated & liquid squeezed out
- 3 spring onions, finely sliced
- 1 cup baby spinach leaves, chopped
- 2 eggs
- 1 cup reduced-fat milk
- ½ cup sunflower oil
- 1 cup wholemeal flour
- 1 cup plain flour
- 2 tsp baking powder
- 2 tbsps pumpkin seeds
- Salt & pepper

## Method

1. Preheat oven to 180°C. Line a muffin tray with muffin cases.
2. Place pumpkin in a microwave-safe bowl, cover with water and cook in the microwave for 3 minutes or until slightly softened. Drain and mash.
3. Add the zucchini, spring onions and spinach to the pumpkin and mix.
4. Lightly beat together the eggs, milk and oil and pour over the vegetables. Season with a pinch of salt and pepper.
5. Sift the flours and baking powder over the top and stir until just combined.
6. Spoon the mixture into the muffin cases and sprinkle with pumpkin seeds. Bake for 25 minutes or until cooked through and golden.



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