Pumpkin Muffins





Makes: 12

Ingredients:

1 small **Sugar Pumpkin**, seeded
375g **Plain Flour**
400g **Caster Sugar**
2 teaspoons **Bicarbonate of Soda**
1/2 teaspoon **Baking Powder**
2 teaspoons **Ground Cloves**
2 teaspoons **Ground Cinnamon**
2 teaspoons **Ground Nutmeg**
1 teaspoon **Ground Allspice**
1 teaspoon **Salt**
160ml **Vegetable Oil**
3 **Eggs**

Method:

1. Preheat oven to 180 C / Gas 4.
2. Grease 12 muffin cups or line with paper muffin cases.
3. Split **pumpkin** in half, remove seeds and strings and place on baking tray, cut side down. Cover with foil and bake in preheated oven until tender, about 90 minutes.
4. Scoop out pumpkin and puree in blender. Weigh out **500g of pumpkin puree** and set aside.
5. In a large bowl, stir together **flour**, **sugar**, **bicarb**, **baking powder**, **cloves**, **cinnamon**, **nutmeg**, **allspice** and **salt**. In a separate bowl, beat together the 500g **pumpkin puree**, **vegetable oil** and **eggs**. Stir **pumpkin mixture** into **flour mixture** until smooth. Scoop muffin mixture into prepared muffin cups.
6. Bake in preheated oven for 20 to 25 minutes, until a skewer inserted into the centre of a muffin comes out clean.

As a variation, this recipe could be adapted to include chopped walnuts or choc chips.