

# Pumpkin, Spinach and Fetta Muffins

Source – taste.com.au

**Harvest** – pumpkin, spinach, silverbeet, pepitas

**Vocab Words** – coarsely, make a well, skewer

**Skills** – grate, shred, crumble, whisk, melt, spoon mixture into muffin holes



## Equipment:

- Metric measuring cups and spoons
- Measuring scales
- Chopping boards and grips
- Compost bowls
- Knives
- Small bowl
- Whisk
- Large bowl and metal spoon
- Muffin trays
- Skewer
- Serving Items – platters and tongs

## Ingredients:

- 150g (1 cup) self-raising flour
- 160g (1 cup) wholemeal self-raising flour
- 2 cups pumpkin, coarsely grated
- 60g spinach or silverbeet leaves, finely shredded
- 100g fetta, coarsely crumbled
- 1 egg, lightly whisked
- 80g butter, melted
- 250ml buttermilk
- 2 tablespoons pepitas (pumpkin seeds)
- 2 teaspoons chia seeds

## What to do:

1. Preheat oven to 180°C and grease a muffin tray (or use paper case).
2. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
3. In a large bowl place the both the flours, pumpkin, spinach or silverbeet and fetta and stir to combine. Make a well in the middle of the mixture.
4. In a small bowl whisk the egg, butter and buttermilk.
5. Add the egg mixture to the flour mixture and stir until just combined (don't overmix!).
6. Divide the mixture evenly among the muffin holes.
7. Sprinkle with pepitas and chia seeds and bake for 12-15 minutes or until a skewer inserted comes out clean. Serve.

## Notes: