

# Pumpkin Muffins

These are gluten free, nut free and lactose free

## Equipment:

Muffin trays (30 muffin holes in total)  
Large bowl  
Grater  
Measuring cups and spoons  
Wooden spoon  
Wire rack

## Ingredients:

675g butternut pumpkin, peeled, seeds removed, grated  
3 eggs or equivalent egg replacement  
2 tbs honey  
½ cup brown sugar  
1 cup rice milk  
2 tbs rice bran oil  
1/2 tsp ground nutmeg  
1/2 tsp ground cinnamon  
Large pinch of salt  
3 cups gluten free self-raising flour  
½ tsp baking powder  
1/2 cup (55g) white chia seeds  
1/2 cup (55g) sunflower seeds, plus extra to sprinkle  
1/2 cup (50g) pumpkin seeds (pepitas), plus extra to sprinkle

## What to do:

1. Preheat oven to 180°C. Grease muffin trays - enough muffin holes to create 30 muffins.
2. Combine grated pumpkin, eggs, honey, brown sugar, rice milk and oil in a large bowl. Add nutmeg, cinnamon and a large pinch of salt, and stir until combined. Add flour and baking powder, and stir until combined. Gently fold through chia, sunflower seeds and pepitas.
3. Spoon mixture into the prepared muffin trays and sprinkle with the extra sunflower and pumpkin seeds. Bake for approximately 20 minutes or until a skewer inserted in the centre comes out clean.
4. Remove from oven and allow to cool slightly in the muffin trays before turning out onto a wire rack to cool completely.
5. The muffins will keep wrapped in plastic wrap for up to 3 days.