



SERVINGS:
12 large or 30 small

Pumpkin Pie Muffins

INGREDIENTS:

- ¼ medium pumpkin (to make one cup cooked)
- ½ cup brown sugar
- ½ cup vegetable oil (plus extra for greasing muffin tins)
- 2 eggs
- 1 2/3 cups flour
- ¾ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 cup dark chocolate chips (optional)



EQUIPMENT:

- Chef's knife
- Chopping board
- Medium saucepan
- Sieve or colander
- Mixing bowls
- Measuring cups and spoons
- Stick blender or potato masher
- Stirring spoon
- Muffin tray (or 2 to 3 mini muffin tins)
- Pastry brush



METHOD:

1. Pumpkin purée can be prepared ahead of time (see notes). Prepare pumpkin by carefully chopping into smaller pieces, discarding the skin.
2. Place the pumpkin in a medium sized saucepan, cover with cold water and bring to the boil. Simmer the pumpkin 10-15 minutes until tender (stick a fork into a piece, if the fork slips in easily it is done)
3. Remove the saucepan from the heat and drain carefully into a colander or sieve over a sink. Make sure the pumpkin is well drained or it might make your batter sloppy.
4. Allow pumpkin to cool 5-10 minutes before place in a mixing bowl and blending or mashing to form a smooth purée.
5. Preheat oven to 180°C and brush muffin tins with oil to prevent muffins sticking.
6. Carefully crack eggs into a mixing bowl and add oil, vanilla, pumpkin and sugar. Mix till combined.
7. In a separate bowl mix flour, salt, baking soda, nutmeg and cinnamon.
8. Add the dry ingredients to the pumpkin mixture and fold gently to combine. Fold through the chocolate chips if using.
9. Spoon the mixture into the greased muffin tins.
10. Carefully place in the oven and cook for 15-18 minutes or until muffins spring back when lightly touched.
11. Carefully remove cooked muffins from the oven and allow to cool for 5 minutes before removing from muffin tins.
12. Place on a serving platter and enjoy as they are or with GTT lightly salted butter.