

## Spiced Pumpkin Muffins

Makes 4 Muffins

### Equipment

1 x Saucepan  
Chopping board  
Sharp knife  
Dessertspoon  
Fork  
Teaspoon  
Mixing bowl  
Muffin tin  
Muffin cases

### Ingredients

150g pumpkin  
1 dessertspoon soft brown sugar  
1 dessertspoon caster sugar  
1 dessertspoon oil  
1 dessertspoon sour cream or natural yoghurt  
1 egg  
1 tsp ground ginger  
1 tsp ground cinnamon  
½ tsp allspice  
A pinch of ground nutmeg  
1 tsp baking powder  
3 heaped dessertspoons self-raising flour

Preparation time 10 mins

Cooking Time 12- 15 Mins

Oven temperature 200°C/Gas Mark 6

Assemble all the ingredients and equipment you will need to make **Spice Pumpkin Muffins**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

### METHOD

1. Preheat the oven to 200°C.
  2. Line the muffin tin with muffin cases (this mixture should make at least 4 muffins)
  3. Cut the pumpkin into small cubes then cook until soft in a pan of boiling water. When cooked drain off the water and add the squash to the mixing bowl and mash it into a pulp with a fork.
  4. Add the sugars, oil, sour cream or yoghurt, and the egg to the mashed pumpkin, then whisk them all together (this should create a very sloppy orange mixture).
  5. Stir in all the spices, and then add in the baking powder and flour, mix well to create a thick batter.
  6. Divide this mixture between the muffin cases then bake in the oven for 15 minutes until the muffins are golden and well risen. Allow to cool before serving.
- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!
  - Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.