

Roasted Pumpkin And Feta Muffins

(Makes 6 large muffins)

Ingredients

- 280 g plain flour
- 2 tsp baking Powder
- 1/2 tsp baking Soda
- 1 tsp salt
- 1/8 teaspoon cracked pepper
- 110g crumbled feta cheese
- 1 1/2 teaspoons dried mixed herbs
- 180g roasted firm but tender pumpkin cut into 1cm cubes
- 240 ml milk, room temperature
- 2 teaspoons white or apple cider vinegar
- 70g olive oil
- 1 large egg, room temperature (uncracked weight approx. 59g)



Method

1. Preheat oven to 190°C / 170°C fan forced and line muffin tins with muffin papers.
2. Combine the milk and vinegar together in a jug or bowl and set aside until needed.
3. In a large bowl, whisk together the flour, baking powder, baking soda, herbs and salt then stir in the crumbled feta and set aside.
4. Add the egg and oil to the milk mixture and whisk until well combined.
5. Make a well in the centre of the dry ingredients and add the milk mixture. Fold the mixture gently just until the flour is almost mixed through.
6. Add the pumpkin and gently fold through until just mixed through. (The flour should be mixed in by now also)
7. Evenly distribute the mixture between the muffin tins.
8. Bake for 18-20 minutes, or until a skewer comes out clean from the centre of the muffins.

Notes

- Best eaten on the day of baking.
- They keep for up to 3 days in a sealed container at room temperature.
- I don't recommend storing these in the fridge as the muffins tend to dry out faster.
- These can be frozen for up to 2 months. When freezing muffins, you'll get the best results if you freeze them as soon as they have cooled so they retain their moisture.