



Pumpkin and Corn Muffins	taste.com
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Makes	30 tastes in the classroom	From the garden:	
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Measuring cups and spoons ▪ Fork ▪ Large mixing bowl ▪ Small mixing bowl ▪ Grater ▪ 12 cup muffin pan ▪ Muffin paper cases ▪ Sifter ▪ Wooden spoon 	<ul style="list-style-type: none"> ▪ 1 cup self-raising flour(sifted) ▪ 1 cup whole meal self- raising flour (Sifted) ▪ 2 cups coarsely grated pumpkin ▪ 1 cup corn kernels ▪ 1 cup grated tasty cheese ▪ 1 egg ▪ 1/3 cup vegetable oil ▪ 1 cup buttermilk ▪ 2 tablespoons pepita(pumpkin seeds)
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What to do

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| <ol style="list-style-type: none"> 1. Pre heat oven to 190 degrees. 2. Line 12 cup muffin pan with paper cases. 3. Place combined sifted flours, pumpkin, corn and cheese in a large mixing bowl and stir to combine. 4. Using a fork, whisk the egg, oil and buttermilk in a small bowl. 5. Add to the pumpkin mixture and stir until just combined. 6. Spoon the mixture evenly among the lined pans and sprinkle with pepitas. 7. Bake for 25 minute or until a skewer comes out clean. 8. Muffins can be served warm or at room temperature. |
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Bottom Drawer	<i>Did you know?</i> These muffins are a great healthy treat for lunchboxes or summer picnics.
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