

Pumpkin Pecan Muffins



Food Fact:-

Being rich in alpha-carotene, pumpkin is believed to slow the process of aging and also prevent cataract formation. Pumpkins have been known to reduce the risk of macular degeneration, a serious eye problem than usually results in blindness.

The high amount of fibre, present in a pumpkin, is good for the bowel health of an individual. Being loaded with potassium, pumpkin is associated with lowering the risk of hypertension. The presence of zinc in pumpkins boosts the immune system and also improves the bone density.

Preparation time 8 mins

Cooking time 5- 10 mins

Makes 8-12

**REAL FOOD
WORKS**

Ingredients

Pumpkin Pecan Muffins

1. Combine flour, sugar, pumpkin pie spice, baking powder and salt. Stir in nuts and raisins.
2. Add pumpkin, milk, oil and egg; stir until flour is moistened.
3. Line 6-cup muffin pan with paper baking cups; fill 3/4 full.
4. Cook at MEDIUM-LOW 5 to 6 minutes, or until toothpick inserted near center comes out clean.
5. Let stand 5 minutes.
6. Repeat procedure with remaining batter. Store covered.

150gm wholemeal flour
150 gm caster sugar
1/4 tsp mixed spice
1 tsp baking powder
60gm chopped nuts
75gm raisins/sultanas
100gm cooked pumpkin
60ml milk
3 tbsp oil
1 egg beaten

