

Wholemeal Vegetable and Pumpkin Seed Muffins



Preparation time: 40 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Lunchboxes & Snacks, Vegetarian



Ingredients

- ½ cup pumpkin, roughly chopped in 1cm dices
- ½ cup zucchini, roughly chopped in 1cm dices
- ½ cup spring onions, sliced
- 1 large handful baby spinach leaves
- 1 cup skim milk
- 2 eggs
- A pinch pepper to taste

- 2 cup wholemeal flour
- 1 tsp baking powder
- 2 tbsp pumpkin seeds
- low fat cream cheese, to serve

Method

1. Preheat oven to 180c.
2. Place pumpkin into a microwave-safe bowl, cover with water and cook in the microwave for 3 minutes or until slightly softened. Drain and add zucchini, spring onions and spinach.
3. Lightly beat eggs and milk, pour over the vegetables and season.
4. Sift flour and baking powder over the top and stir until just combined.
5. Spoon mixture into baking paper-lined, non-stick muffin trays, sprinkling with pumpkin seeds, and bake for 25 minutes or until done.

Notes

For the more mature palate, crumble low fat fetta and chopped sundried tomatoes into the mix.

Serve with: Top with low fat cream cheese.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
140g	956kj 228kcal	11.6g	4.8g	1.1g	31.2g	3.9g	108mg	6g	1.2µg

All nutrition values are per serve.