

# Speedy Cheese Muffins

MAKES 24



Add olives or sundried tomatoes for an extra flavour hit!



## Ingredients

- ¼ pumpkin
- 3 spring onions
- 420g tin corn kernels
- 2 cups wholemeal self-raising flour
- 2 eggs
- 1 cup reduced fat milk
- 2 tablespoons salt-reduced vegetable stock powder
- 60g baby spinach
- 100g reduced fat feta
- Spray oil
- 2 tablespoons pepita seeds



## Equipment

- Oven, grater, chopping board, knife, can opener, strainer, large bowl, measuring cups, measuring spoons, large spoon, 2 muffin trays, spoon



1.

Pre-heat oven to 180°C. Grate pumpkin, finely slice spring onions and drain corn.



2.

Place flour, eggs, milk and vegetable stock powder into a large bowl and combine.



3.

Add spinach, pumpkin, spring onion and corn to egg mixture. Crumble feta with hands into the bowl and stir until combined.



4.

Spray 2 muffin trays with oil and use a spoon to evenly scoop muffin mixture into trays.



5.

Sprinkle pepitas evenly on top of each muffin. Cook for 20-25 minutes or until muffins are golden brown.

