

Speedy Cheese Muffins



Makes

24



TIP
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	Measuring spoons
Grater	Large spoon
Chopping board	2 muffin trays
Knife	Spoon
Can opener	
Strainer	
Large bowl	
Measuring cups	



How to make it



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.



nom!

