

Banana & Pumpkin Muffins

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 12

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 2 large over-ripe bananas
- 2 eggs
- 2/3 cup milk
- 3 tbsp honey
- 3 tbsp olive oil
- 250g grated butternut pumpkin
- 1 tsp cinnamon
- ½ tsp nutmeg



Method:

1. Preheat oven on to 180°C. Line 12 hole muffin try with paper cases
2. Sift flour, cinnamon and nutmeg into a large bowl
3. Mash bananas and combine with eggs, milk, honey and olive oil.
4. Add to flour mixture with grated pumpkin and stir to combine.
5. Spoon into cases and bake in oven for 15-20 minutes until golden.

Note:

- *You can replace the pumpkin with carrot or zucchini*
- *When grating the butternut pumpkin you can leave the skin on. This will add extra fibre and the skin will soften during cooking.*

Food Group	Serves provided per portion
Vegetables	0.3
Fruit	0.2
Grain foods	0.7