

# Pumpkin & Kale Muffins

Makes: **12 muffins**

Preparation Time:  20

Cooking Time:  20

## INGREDIENTS

- 250g self-raising flour
- 350g butternut squash / pumpkin, grated
- 8 kale leaves, chopped
- 2 eggs
- 250ml milk
- 100g feta cheese, crumbled
- 50g semi-hard gbejna, grated
- Pinch of salt and pepper

## METHOD

1. Line a muffin tray with paper liners and set aside.
2. Preheat the oven to 180°C / Gas Mark 4.
3. Sieve the flour in a large bowl.
4. Whisk the eggs and milk in a measuring jug then pour into the bowl.
5. Mix in the pumpkin, kale, cheeses, salt and pepper, mixing until just combined.
6. Scoop your muffin batter into your prepared muffin tin, filling all the way to the top.
7. Bake your muffins for 20–30 minutes or until cooked through and golden on top.
8. Allow to cool before removing your muffins from their tins. Then, enjoy.

## TASTY TWISTS

Be creative and try other flavour combinations, such as olive & sundried tomatoes or carrot & cumin...



These muffins keep fresh for up to 3 days in an airtight container in the fridge or store in freezer for up to 2 months.