



KILDUFF FARM  
EAST LOTHIAN

# PUMPKIN & CHOCOLATE CHIP MUFFINS

‘The perfect warming treat on an autumn day.’



## Pumpkin & Chocolate Chip Muffins

### Method:

1. Heat the oven to 200C | 190C fan | gas 6.
2. Line a 12-cup muffin tin with muffin cases.
3. To roast the pumpkin or squash cut them in half and remove the seeds. Place the two halves on a baking tray with the skin up, flesh down. Bake for approximately 30-40 minutes until the flesh is soft. Use only the cooked soft flesh in this recipe, not the skin.
4. Place the cooled roasted pumpkin and peeled bananas into a large bowl and mash well. Add the beaten egg, vanilla extract, oil, milk and sugar and mix all the wet ingredients together.
5. In a separate bowl, mix the flour, mixed spice, baking powder and bicarbonate of soda.
6. Pour the wet ingredients into the dry and blend together. The mix should have no flour showing but will be lumpy. In the final strokes add the raisins and chocolate chips.
7. Spoon the mixture equally between the 12 muffin cases.
8. Bake the muffins in the centre of the preheated oven for 20 - 25 minutes until the muffins are golden and risen. The muffins should spring back when you touch the tops.
9. Leave the muffins to cool in the tin for a few minutes and then lift to cool further on a wire rack. Eat fresh on day - warm is best!

**Waste not, want not!** Pumpkin seeds can be eaten too so don't throw them away! Rinse off all the pumpkin pulp from the seeds and gently rub them dry. Scatter them onto a tray and bake at 180C for about 15 minutes. Pumpkin seeds have huge nutritional value and can be eaten as a tasty snack or added to all sorts of dishes including soups, salads and breads.

**Did you know?** All pumpkins and squash are edible, but some varieties are tastier than others. When cooking, look for culinary pumpkins. These will be sweeter and tastier! The very large orange pumpkins are best left for carving at Halloween. Gourds are inedible and only used for decoration.

**Top Tip** - Muffins can be frozen! Add a frozen muffin to packed lunch boxes to keep the contents cool. The muffin will defrost in time for lunch!

### Makes 12

### Ingredients:

- 180g softly roasted pumpkin or squash (cooked flesh only)
- 2 ripe bananas (the browner the banana the sweeter for baking)
- 1 egg, lightly beaten
- 1 tsp vanilla extract
- 90ml melted coconut oil
- 60ml milk
- 50g granulated sugar
- 280g plain flour
- 1 tsp mixed spice
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 40g dark chocolate chips
- 40g raisins

### Nutritional Facts - Pumpkin Love.

Pumpkins are rich in nutrients. Like bananas they are a solid provider of potassium which works with sodium to help our bodies maintain good water balance. This in turn helps manage blood pressure. Potassium also helps support nerve and muscle function and regulates other minerals, calcium and phosphorous, which are essential for strong and healthy bones. Fibrous pumpkin is excellent for gut health and the digestive system. Pumpkins are also a rich source of vitamin A, vital for healthy eyes.



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#### **This recipe has been lovingly created for Kilduff Farm by Sonia Lee, LeelifeNutrition.**

Sonia is a business mentor and accredited coach but also an enthusiastic cook, nutritionally conscious recipe writer and food photographer. She has a Diploma in Culinary Medicine and Applied Nutrition. As a mother of two she is passionate about nutritional content, wellbeing and the intelligent sourcing of ingredients in her cooking. Sonia greatly supports the genuine care and attention that the team at Kilduff Farm invests into their pumpkins and is excited to be working with them to develop and promote their use.

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