



Burley Model Allotments

Pumpkin Muffins

These are simply delicious and full of goodness. Very moist and will keep well in an air tight tin for up to five days - if you can resist them that long.

Ingredients

- 6 oz. butter
- 8 oz. soft brown sugar
- 1 lb & 12 oz. of mashed cooked pumpkin
- 12 oz. self-raising flour
- 2 tsp cinnamon
- 2 fl oz. milk (can use soya)
- 2 large eggs
- 4 oz. raisins
- 2 oz. chopped cashew nuts

Method

1. Preheat oven to gas 6, 200C or 400F/ Grease two muffing trays and line with doubled up muffin cases.
 2. Sieve the flour and cinnamon into a bowl and put aside.
 3. Cream the butter and sugar until light and fluffy.
 4. Add the beaten eggs a little at a time, beating well after each addition.
 5. Fold in the mashed pumpkin and milk, stirring the mixture gently.
 6. Add the raisins and cashews and mix gently.
 7. Fold in the sieved flour and cinnamon and mix all gently so that the mixture remains lumpy rather than smoothly blended.
 8. Spoon into the muffin cases - about three quarter's full.
 9. Bake for around 25 minutes until risen and golden brown then remove.
- You can eat them while still warm or leave to cool completely.