

SPICED PUMPKIN MUFFINS

WITH MAPLE CREAM CHEESE FROSTING

by James Tanner



SERVES 12

INGREDIENTS

Muffins

250g plain flour
160g soft brown sugar
2 tsp baking powder
1 tsp baking soda
Pinch salt
1 tsp ground ginger
2 tsp all spice
2 eggs
200g pumpkin puree
60ml milk/buttermilk
120g melted butter
30g apple sauce
Few drops of vanilla extract
Pumpkin seeds for garnish

Maple cream cheese frosting

100g icing sugar
100g cream cheese
45g butter
1 tbsp maple syrup

METHOD

Pre heat oven to 200°C / gas 6.

Sieve the flour, baking powder, baking soda and spices into a bowl. Add salt and set aside.

In another bowl whisk together the milk/buttermilk, pumpkin puree, eggs, apple sauce melted butter and vanilla extract.

Gradually mix the dry ingredients into the wet to create a smooth batter, fill up your muffin tin or cases, sprinkle with pumpkin seeds and bake in the pre-heated oven for 20/25 minutes until just cooked.

To check the muffins are cooked through, insert a cocktail stick into the centre. If it comes out clean when removed, the muffins are cooked. Leave to cool on a wire baking rack.

Serve plain or ice with frosting and more cracked pumpkin seeds if desired. To make the frosting, blend the ingredients together and spoon over or pipe on top using a piping bag.