

Pumpkin, Broccoli and Cauliflower muffins

Ingredients:

1 cup wholemeal self raising flour

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1 small piece pumpkin, grated

½ head cauliflower

½ head broccoli

50g fetta, crumbled

1 egg

1 cup buttermilk

1/3 cup oil

1 table spoon sesame seeds

1 table spoon sunflower seeds

1 table spoon pepitas

What to do:

- 1) Preheat oven to 180c. Line muffin trays with cases.
- 2) Finely chop cauliflower and broccoli.
- 3) Combine flours, pumpkin, cauliflower, broccoli and fetta in a large bowl.
- 4) Whisk egg, buttermilk and oil in a jug.
- 5) Add wet ingredients to the bowl and stir well.
- 6) Spoon into muffin pans and sprinkle with seeds.
- 7) Bake for 25-30mins.