

PUMPKIN SPICE BLENDER MUFFINS

Your home will be filled with warm aromas of Winter spice as these delicious pumpkin muffins bake in the oven! These flourless muffins are a perfect afternoon tea snack or lunch box treat and pair nicely with a nut butter spread on top. The best part is, all you have to do is pop all the ingredients in a blender and pour into a muffin tray - super easy for the kids to make!

Ingredients

Makes 4 muffins (double the recipe to make a bigger batch)




- 1/3 cup pumpkin puree
- 1 tbsp chia seeds
- 3 tbsp rolled oats
- 2 free-range eggs
- 1 ripe banana
- 1 tsp baking powder
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Pepita seeds for garnish



Method

1. Set oven to 180°C.
2. Add all the ingredients (except pepita seeds) and spices to a blender and blend until smooth.
3. Pour even amounts into a greased muffin tin.
4. Bake for 20 minutes. Allow to cool for 10 minutes before removing from the tin.
5. Enjoy with butter or nut butter. For a little extra sweetness, drizzle over some honey or maple syrup!

Want to make this at home? We used bananas, CharCol Springs Pastured Eggs and Organic Times Organic Salted Butter from the Marketplace.

 <p>Bananas, 1kg</p> <p>Get 1kg of healthy, delicious bananas with your next order!</p> <p>ADD</p>	 <p>CharCol Springs Pastured Eggs, 12 Pack</p> <p>The happy hens at CharCol Springs spend their day on pastures grazing & foraging for food or even just basking in the sun.</p> <p>ADD</p>	 <p>Organic Times Organic Salted Butter, 250g</p> <p>Salted butter from grass-fed cows! Use it for baking, cooking, and on your favourite toast.</p> <p>ADD</p>
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