

Snack Box Muffins

Equipment needed –

1 large bowl, graters, 2 mini muffin tins, small knives, chopping board, can opener, measuring cups, 1 tablespoon, measuring jug, whisk, cooling rack and 3 serving platters.

Ingredients from the Garden –

- 4 spring onions washed, trimmed and finely chopped
- 1 bunch of parsley, washed picked and finely chopped
- 4 eggs
- 400 grams of pumpkin, peeled, seeded and grated

Ingredients from the Pantry –

- Olive oil spray
- 3 cups of self-raising flour
- 1 teaspoon of baking powder
- 1 can of corn kernels drained
- ½ cup of grated cheese
- 4 tablespoons of pumpkin seeds
- 1 ½ cups of milk
- 2/3 cup of Greek yoghurt

What to do –

1. Preheat the oven to 180 ° C.
2. Spray 2 mini muffin tins with olive oil spray.
3. Peel, deseed and grate the pumpkin and set aside and then grate the cheese and set aside.
4. Open the can of corn and drain using a colander over the sink.
5. Wash, dry and finely chop the parsley.
6. Measure out 3 cups of self-raising flour and put in a large bowl.
7. Measure out 1 teaspoon of baking powder and add to the large bowl with the flour.
8. Stir in the pumpkin, corn, spring onions, cheese and parsley in with the flour.
9. Make a well in the centre and measure out 1 ½ cups of milk into a measuring jug.
10. Measure out 2/3 cup of Greek yoghurt and add to the milk.
11. Crack 4 eggs into the jug with the milk and yoghurt. Whisk well to combine.
12. Pour the milk mixture into the well of the flour mixture. Stir until just combined, but don't over mix.
13. Spoon the mixture into the prepared muffin tins. Then sprinkle with the pumpkin kernels.
14. Bake in the oven for about 20 minutes or until a skewer inserted into the middle comes out clean.
15. Set aside in the pan for 5 minutes to cool, before transferring to a cooling rack to cool completely.
16. Once cooled, divide onto 3 serving platters.

Serves –

- 28 students.