

Recipe of the Month
Robin's pumpkin, spinach and fetta muffins



- 1 cup (150g) self-raising flour
- 1 cup (160g) wholemeal self-raising flour
- 2 cups coarsely grated pumpkin
- 60g baby spinach leaves, finely shredded
- 100g feta, coarsely crumbled
- 1 egg, lightly whisked
- 80g butter, melted
- 1 cup (250ml) buttermilk
- 2 tbs pepitas (pumpkin seeds)
- 2 teaspoons chia seeds

Preheat oven to 180C. Line a 12-hole, 1/3-cup (80ml) muffin pan with paper cases. Place the combined flour, pumpkin, spinach and feta in a large bowl and stir to combine.

Whisk the egg, butter and buttermilk in a small bowl. Add to the flour mixture and stir until just combined (don't overmix).

Divide the mixture evenly among the muffin pans. Sprinkle evenly with pepitas and chia seeds.

Bake for 20-25 mins or until a skewer inserted in the centres comes out clean. Turn onto a wire rack to cool slightly. Serve the muffins warm or at room temperature.