



DEE'S SUPER RECIPES

PUMPKIN MUFFINS



Sweet, moist and easy to make, these warmly spiced pumpkin muffins are good for baking with children.



INGREDIENTS

- 115g butter or margarine
- 175g brown sugar
- 115g golden syrup or honey
- 1 egg, beaten
- 225g pumpkin or squash, cooked and mashed
- 200g plain flour, sieved
- pinch salt
- 1 tsp bicarbonate of soda
- 1½ tsp ground cinnamon
- 1 tsp nutmeg, grated
- 50g currants or raisins

For decorating

For an easy frosting, beat together 300g cream cheese, 100g butter, 100g icing sugar and a teaspoon of vanilla extract until soft.

INSTRUCTIONS

Prep time: 10 min

Cooking time: 30 min

Step 1 Preheat oven to 200°C/Gas 6 and place 14 paper cases in a muffin tray.

Step 2 In a large bowl cream the butter until soft. Add the sugar and golden syrup and beat until light and fluffy.

Step 3 Stir in the beaten egg and pumpkin until well mixed. Sift over the flour, salt, bicarbonate of soda, cinnamon and nutmeg. Lightly fold these ingredients into the mixture.

Step 4 Stir in the currants or raisins and spoon the mixture into the prepared muffin cases. The cases should each be about two thirds full of the mixture.

Step 5 Bake in the centre of the oven for 12-15 minutes.

Leave to cool. Enjoy!