

# Pumpkin, Feta + Spinach Muffins



Oliver + Tom

SAVORY SHARING + LUNCH BOX RECIPE



## *Hello* Snack Lover

Kiddos will have 'muffin' to complain about when they find these moreish cheesy pumpkin bites in their lunchboxes!

Delicious served warm or cold, they are absolutely packed with flavour and nutrients. Starting with the crunchy pepita topping, this seed might be tiny but it is certainly powerful and is beneficial for the heart, bones, happiness and much more. The roast pumpkin not only brings vibrant colour, it is also bursting with Vitamin C and Vitamin A which promotes immunity and eye health. And let's not forget the spinach which is rich in antioxidants and anti-inflammatories, and aids digestion among many other superpowers.

A simple and tasty way to sneak a few extra veggies into little bellies – snacks don't get much feta than this!





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# Pumpkin, Feta + Spinach Muffins

## Ingredients

Makes 12

2 eggs  
175 ml (¾ cup) milk  
100g (¾ cup) crumbled feta  
100g (1 cup) grated cheddar cheese  
150 g (3 cups) fresh spinach leaves, roughly chopped and wilted\*  
350 g (2 cups) pumpkin, roasted  
1 tsp basil  
¼ tsp smoked paprika  
¼ tsp salt  
200 g (2 cups) self-raising flour  
½ tsp baking powder  
40 g (¼ cup) pumpkin seeds



## Method

1. Preheat oven to 180 C and grease a muffin tray or line with paper liners.
2. In a large bowl add eggs, milk, feta, cheddar, spinach, pumpkin, basil, smoked paprika, and salt, and mix to combine.
3. Sprinkle flour and baking powder over the top of mixture and gently fold until combined.
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5. Spoon mixture into muffin tray and bake for 15-20 minutes.
6. Allow to sit for 5 minutes before transferring to a wire rack to cool. Delicious served warm or cold.
7. Store in the fridge in an airtight container for up to three days.
8. Enjoy.

### NOTE

To wilt spinach, place spinach into a bowl of boiled water and leave for 2-3 minutes. Drain well and squeeze out excess water to avoid muffin mixture becoming too runny.

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