



Pumpkin Spice Muffins

By Maggie Radich

Food Labelling...

AU Label values per 98 serving:

Serves 12

	PER 98	%RI
Energy(Kj)	866 ^{kJ}	10%
Energy(Kcal)	198 ^{kcal}	10%
Protein	5.6 ^g	11%
Fat, total	11.6 ^g	17%
saturated	5.1 ^g	21%
Carbohydrate	17.7 ^g	6%
sugars	8.1 ^g	9%
Sodium	117 ^{mg}	5%

Recipe Ingredients ...	Quantity:	Description:
1/2 Butternut Pumpkin - boiled then blended to a puree	366	
3/4 tin Coconut Cream	306	
2 cups Oats - blended to resemble flour	160	
1/2 cup LSA or ground chia	125	
20 Dates soaked in boiling water	100	
2 Eggs	88	
2 tsp Baking powder	8	
2 tsp Cinnamon	8	
2 tsp Ginger	8	
1 tsp Vanilla essence	5	

Cooking Instructions & Notes ...

1. Preheat oven to 180 degrees
2. Soak dates in boiling water
3. Add oats to blender and process until it resembles flour.
4. Put in a bowl and add other dry ingredients - LSA, baking powder, cinnamon, ginger.
5. Chop pumpkin in half (leave skins on) and boil or microwave until soft.
6. Add pumpkin to blender and make a puree. Add other wet ingredients - drained dates, coconut cream, vanilla essence, eggs.
7. Add wet ingredients to dry ingredients and mix.
8. Add mixture to muffin tins and bake for 15-20 minutes.

Makes 12 generous muffins. Or 1 large loaf

