

Pumpkin and Orange Muffins

Serves: 36 small muffins (18 regular)

Recipe source:

Fresh from the garden: pumpkin, eggs, orange

EQUIPMENT:	INGREDIENTS:
Grater	1 orange
2-3 Mini muffin tins	$\frac{3}{4}$ cup chopped dates
1 large red bowl	Spray olive oil or muffin cases
1 small bowl	2 $\frac{1}{2}$ cups wholemeal flour
pastry brush	3 tsp baking powder
wooden spoon	$\frac{1}{2}$ cup caster sugar
measuring spoons and cups	1 cup cooked and mashed pumpkin
wire cooling tray	$\frac{1}{2}$ cup vegetable oil
	$\frac{1}{3}$ cup cream
	2 eggs
	1 tablespoon of oil for greasing put in small bowl

What to do:

1. Zest one orange then cut in half and juice (need $\frac{1}{2}$ cup juice)
2. Mix together the dates, orange rind and juice. Allow to soak.
3. Preheat the oven to 180°C.
4. Use the pastry brush with oil to grease muffin trays or line with muffin cases.
5. In a large bowl, mix together the dry ingredients
6. Add the pumpkin, oil, cream, eggs, orange juice and dates. Mix with a wooden spoon until just combined. Overworking the mixture can make the muffins tough.
7. Spoon the mixture into the muffin trays.
8. Bake for 30 minutes or until golden brown.
9. Stand for 1 minute before turning muffins onto a wire rack to cool.

Variations:

- Substitute the orange juice and rind with $\frac{1}{2}$ tin of canned pineapple.
- Substitute the dates with raisins or sultanas.