

Artichoke & Pumpkin Muffins

with Seeds



R & J Mazza
GLOBE ARTICHOKES

Ingredients

Dry Mix

2½ cups self raising flour
Pinch salt

Wet Mix

2 eggs, lightly beaten
50g butter, melted
¼ cup buttermilk
½ cup artichokes hearts, finely chopped
1 cup pumpkin puree, (300g pumpkin cooked in ¼ cup of liquid)
2 tablespoons sugar

Pumpkin seeds
Sesame seeds

How to Prepare

1. Preheat oven to 200°C.
2. Place wet mix in a medium bowl and mix well.
3. Place dry mix in a large bowl and make a well in the centre. Add wet mix and stir well.
4. Place mixture in muffin cases. Sprinkle with pumpkin and sesame seeds.
5. Bake in oven for 25-30 minutes or until golden.



Makes approx. 12 large muffins



Artichoke ... the King of Vegetables