

Artichoke, Pumpkin & Orange Muffins



R & J Mazza
GLOBE ARTICHOKES

Ingredients

Dry Mix

3 cups self raising flour
Pinch salt

Wet Mix

2 eggs, lightly beaten
50g butter, melted
1 cup buttermilk
1 cup artichokes hearts, finely chopped
1 cup pumpkin puree, (include $\frac{1}{4}$ cup of liquid)
1 orange puree, (including skin)
4 tablespoons sugar



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 mix well.
4. Make a well in the centre of the dry mix. Add wet mix and stir well.
5. Place mixture in muffin tins.
6. Bake in oven for 25-30 minutes or until golden.

Makes 12 large muffins

