



SAVOURY PUMPKIN MUFFIN (serves 1)

Lightly spray a microwaveable safe small bowl with olive oil spray.

What you need:

3 level TBS of our everyday flour mix
½ level tsp baking powder
Pinch of salt
1 TBS sesame seeds
½ tsp dried thyme
1/3 cup mashed pumpkin
1 egg size 7 @ room temperature
¼ cup cooked veggies (chopped small)
(broccoli, red onion, pepper etc, whatever you have))
1 TBS finely chopped cooked bacon, optional
1 TBS grated cheese



To make:

In a bowl mix all the dry ingredients to combine. In a bowl whisk the egg and pumpkin together then stir through the cooked veggies. Pour into the bowl, top with the cooked bacon. Microwave on high for 1minute 40 seconds. If the centre looks a little wet, cook for a further 10-15 seconds. Top with your favourite cheese and leave to cool.

Tip: Delicious for a quick lunch or breakfast. Serve with some of your favourite chutney, sauce or mayo. I like thyme but you could easily use rosemary, oregano etc, or use your favourite fresh herbs. You could also replace the pumpkin with kumara. If making dairy free, omit the cheese.