

Silent Lights Pumpkin Muffins

Ingredients

140g plain flour
140g wholewheat flour
2 teaspoons baking powder
1 teaspoon bicarbonate of soda
100g golden caster sugar
4 teaspoons poppy seeds
75g sultanas
200g grated uncooked, peeled pumpkin
2 tablespoons pumpkin seeds (+ some for sprinkling on top)
2 tablespoons sunflower seeds (+ some for sprinkling on top)
½ teaspoon all spice
½ teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground nutmeg
250ml milk
50ml crème fraiche (if not available use more milk)
50g honey
1 teaspoon vanilla essence
1 large egg
75ml vegetable oil



Instructions

1. Preheat oven to:
190 C electric oven
180 C fan assisted oven
Gas mark 5
2. Mix all dry ingredients together.
3. Mix all wet ingredients together.
4. Combine and mix everything.
5. Line muffin tins
Approx 12 large muffins or 24 mini muffins.
6. Divide mixture between all the muffin cases
7. Sprinkle the top of the muffins with a few extra seeds
8. Bake in oven until ready (testing with a skewer, it should pull out clean when muffins are cooked)
Mini muffins: 15-20mins
Large muffins: 20-25mins
9. Put onto a cooling rack.