

Recipe No. 42/2015

# Pumpkin Nut Muffins

As the school year is almost coming to an end, why not surprise your children with these delicious muffins adapted from paediatric nutritionists-Kath Megaws awesome book-"Real Food-Healthy, happy children". Kath has worked with the Thermomix team in the past. We love these muffins for kids lunchboxes, or for moms well deserved coffee break. These muffins are high in beta-carotene to assist the immune system and eye health.

NB: Suitable for both TM5 and TM31

## Ingredients

4 Tbsp coconut oil, softened, plus extra for greasing  
6 free-range eggs  
75g coconut flour  
35g roughly chopped raw macadamia nuts  
½ tsp ground ginger  
½ tsp bicarbonate of soda  
115g pureed pumpkin  
3 Tbsp honey  
½ tsp vanilla extract



## Method

1. Preheat the oven to 200°C. Grease a muffin tray with coconut oil.
2. Place nuts in TM bowl, and chop for **5 seconds on speed 4**. Set aside.
3. Place cooked pumpkin in TM bowl and blend for **10 seconds on speed 3**.
4. Add all ingredients to the pumpkin in the TM bowl, and mix for **20 seconds on speed 3**.
5. Spoon the mixture into the muffin cases and bake for 20 mins or until golden.

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