

Pumpkin Muffins



Serves	12
Prep time	20 minutes
Cook time	15 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Breakfast , Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
Occasion	Birthday Party , Casual Party
From book	Friendly Food

Ingredients

- 100g potatoes (peeled and roughly chopped)
- 100g pumpkin (peeled and roughly chopped)
- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 4 teaspoons baking powder
- 125g butter or Nuttelex
- 1/2 cup brown sugar (soft)
- 1/2 cup pear juice (Refer to the Substitutes page)

Directions

1. Boil or steam the potato and pumpkin for 15 minutes, or until tender. Drain well, then mash. Measure out 1/2 cup of the mash for this recipe. Set aside and allow to cool.
2. Preheat the oven to 210 C and prepare 2 large muffin trays.
3. Beat the butter/Nuttelex and sugar together until light and fluffy.
4. Add the cooled mashed potato and pumpkin and stir through.
5. Sift the flours and baking powder, adding the husks back in, and add to the mixture alternating with the pear juice.
6. Spoon the mixture into the muffin pans, then bake for about 12 - 15 minutes or until cooked through.
7. Allow to cool in the pan for 5 minutes then place on a wire rack to cool.

Note

Moderate Salicylates, Low Glutamates, Low Amines

Refer to the [Substitutes page](#) for how to make pear juice.

Variations:

1. For a dairy-free version use dairy-free margarine instead of butter.
2. For a gluten-free version use 1/2 cup rice flour, 1/2 cup potato flour, 1/2 cup arrowroot and 1/2 cup maize cornflour (cornstarch) instead of the plain and wholemeal flour, and gluten-free baking powder.