



## Butternut Squash Muffins

Butternut squash has a lovely sweet flavour which works really well with muffins. If you like carrot cake you'll love this recipe. An easy one to cook with children & perhaps a new vegetable to taste!

**Makes 10 – 12 Muffins**

**You will need:**

2 medium free range eggs	90ml vegetable oil
140g light brown sugar	1 heaped teaspoon baking powder
150g plain flour	1 teaspoon of cinnamon
200g butternut squash	1 – 2 handfuls of raisins or other dried fruit

**To make your muffins**

1. Preheat the oven to 180C/Gas 4. Line a muffin tray with paper cases.
2. In a large bowl, thoroughly whisk the eggs and sugar together until light and fluffy. Add the vegetable oil.
3. Wash the butternut squash well. Remove the top and bottom, slice into two and remove the seeds. Grate the butternut squash with a medium grater or food processor – there is no need to peel it first! Stir the grated squash into the large bowl.
4. Sift the flour and baking powder into the bowl. Next, add the cinnamon and dried fruit. Stir well.
5. Carefully spoon the mixture in to the paper cases; they should be 3/4 full.
6. Bake in the oven for 17 – 20 minutes.
7. Remove from the oven and allow to cool on a wire rack.