

# Artichoke & Pumpkin Muffins with Seeds



R & J Mazza  
GLOBE ARTICHOKES

## Ingredients

### Dry Mix

2½ cups self raising flour  
Pinch salt

### Wet Mix

2 eggs, lightly beaten  
50g butter, melted  
¼ cup buttermilk  
½ cup artichokes hearts, finely chopped  
1 cup pumpkin puree, (300g pumpkin cooked in ¼ cup of liquid)  
2 tablespoons sugar

Pumpkin seeds  
Sesame seeds

## How to Prepare

1. Preheat oven to 200°C.
2. Place wet mix in a medium bowl and mix well.
3. Place dry mix in a large bowl and make a well in the centre. Add wet mix and stir well.
4. Place mixture in muffin cases. Sprinkle with pumpkin and sesame seeds.
5. Bake in oven for 25-30 minutes or until golden.



Makes approx. 12 large muffins

