



PUMPKIN & CARROT MUFFINS

25 MINS
PREPSERVES
11-12DAIRY
FREEVEGAN
FRIENDLY

STAGE 2

A bit of pumpkin baking to enjoy during the autumnal months!

These vegan-friendly, baby-sized snacks are full of goodness and also provide a bit more texture for adventurous foodies during stage 2 weaning.

WHAT YOU NEED

225g plain flour
1 tsp baking powder
1 tsp pumpkin pie spice (cinnamon can be an alternative)
125g pumpkin puree
170ml milk
60g grated carrot

WHAT TO DO

- 01 Preheat the oven to 200C.
- 02 Mix together the flour, baking powder and spice in a large bowl.
- 03 Add the pumpkin puree and milk to the bowl and mix until combined, then stir in the grated carrot.
- 04 Scoop batter into muffin tins and bake for around 20 minutes – a knife inserted in the centre should come out clean.
- 05 Allow to sit for around five minutes before removing from the tins, then allow to cool completely before serving.