

Savoury pumpkin muffins



Muffins are delicious spread with lactose free cream cheese.

Stuffed olives maybe replaced with chopped semi-dried tomatoes, cubed chorizo sausage or goats cheese.

Available to purchase

<https://www.theibsnetwork.org/shop/>



Ingredients

Serves 12

- 1 cup (250mL) FODMAPPED Roasted Pumpkin + a Hint of Sage Soup
- 3 cups gluten free self-raising flour
- 1/2tsp celery salt
- 1tsp gluten free baking powder
- 1/2tsp smoked paprika
- 1/2 cup stuffed green olives, chopped
- 2 eggs
- 2tbsp olive oil
- 1 - 1 1/2 cups sparkling mineral water
- Dried polenta to line tin
- Sunflower seeds to garnish

Method

Preheat oven to 170C.

Grease muffin tins and sprinkle lightly with dried polenta to coat all sides.

In a large mixing bowl combine the flour, celery salt, baking powder, smoked paprika and olives. Mix well.

In a jug whisk together the eggs, olive oil and FODMAPPED Roasted Pumpkin + a Hint of Sage Soup until well combined.

Make a well in the centre of the dry ingredients and pour in the pumpkin soup mixture. Combine, gradually adding the mineral water until mixture is a soft dropping consistency.

Spoon the mixture into the prepared muffins tins, filling about three quarters full. Sprinkle surface with sunflower seeds.

Bake muffins for 18-20 minutes until lightly golden. Cool on a wire rack and serve warm with soup or salad.