

## BUTTERNUT SQUASH MUFFINS

1 of your 5 a day, easy for children to make, can be frozen!

### INGREDIENTS

175g self raising flour  
1tsp baking powder  
50g brown sugar  
100ml maple syrup  
1/2tsp mixed spice  
1tsp ground ginger  
100g butternut squash,  
peeled and  
grated.  
40g dried apricots  
30g pumpkin seeds  
125ml rapeseed or sunflower  
oil  
2 eggs

### METHOD

Preheat the oven to 180c or gas 4 and put paper cases in a 12 hole muffin tin.

In a bowl mix together the flour, baking powder, sugar, mixed spice, ginger, apricots and pumpkin seeds.

In a jug mix the eggs, maple syrup and oil together. Slowly pour this into the dry ingredients bowl. Mix until combined.

Spoon the mixture into the muffin cases.

Bake for 20-25 minutes until they have risen and a skewer comes out clean when inserted into one of the muffins.

### TOP TIP!

See if you can have fun with decoration - make some faces!

## PEA AND MINT SOUP

1 of your 5 a day, quick meal, can be frozen!

### INGREDIENTS

1 onion, roughly chopped  
1 large potato, roughly  
chopped  
10g butter or 1tbsp oil  
1 litre of low salt vegetable  
stock  
350-400g frozen peas  
Fresh mint  
Skimmed milk  
Freshly ground pepper

### METHOD

Fry the onion in the butter or oil for around 10 minutes. Don't brown the onions, just cook to soften them.

Add the potato and fry for another 5 minutes.

Pour the stock into the pan, along with the peas. Bring to the boil and then turn down and cook for around 20 minutes.

Add a bunch of the fresh mint and the freshly ground pepper.

Blend the soup until smooth. Before serving add around 50ml of milk to make it creamier.

### TOP TIP!

If using the soup over several days or if freezing add the milk before serving, rather than during the cooking phase.