

PUMPKIN & CHEESE MINI MUFFINS

SCHOOL LUNCH BOX RECIPE

SAVOURY • NUTRITIOUS • FREEZER FRIENDLY • LUNCH BOX WINS!

Soft, cheesy mini muffins packed with pumpkin or butternut squash – perfect for school lunches!



INGREDIENTS (MAKES 12 MINI MUFFINS)

- 200g pumpkin or butternut squash, peeled, deseeded and diced
- 150g self-raising flour
- 1 tsp baking powder
- 2 large eggs
- 100ml milk
- 75ml olive oil (or melted butter)
- 100g cheddar cheese, grated
- 2 spring onions, finely chopped (optional)
- ½ tsp dried mixed herbs (optional)
- Pinch of salt and pepper



METHOD

- 1 Heat the oven to 180°C (160°C fan) / Gas Mark 4. Line a 12-hole muffin tin with paper cases or lightly grease.
- 2 Cook the pumpkin or butternut squash by steaming or boiling until soft, then mash and allow to cool slightly.
- 3 In a large bowl, whisk together the eggs, milk and oil.
- 4 In a separate bowl, mix the flour, baking powder, cheese, spring onions and herbs. Add a pinch of salt and pepper.
- 5 Stir the mashed pumpkin into the wet ingredients, then fold in the dry ingredients until just combined.
- 6 Spoon the mixture into the muffin cases and bake for 18–20 minutes, or until golden and a skewer comes out clean.
- 7 Allow to cool before packing into lunch boxes.



LUNCH
BOX
WINS!



LUNCH BOX WINS!

- ✓ Perfect for lunch boxes – great served cold.
- ✓ Packed with veggies and protein.
- ✓ Easy to make and freezer friendly – batch bake and save time.
- ✓ A tasty homemade alternative to sandwiches.
- ✓ Kid-approved and full of flavour!

PACK IT LIKE A PRO



- Pair with a fresh salad, veggie sticks or fruit for a balanced lunch.
- Keeps well for up to 2 days in the fridge.
- Freeze and defrost as needed.
- Use a leakproof lunch box.



MAKE IT YOURS!



Try feta or mozzarella for a different flavour.



Add spinach or courgette for extra veg.



Sprinkle with pumpkin seeds before baking.



Make bite-sized muffins – perfect for little lunch boxes.



HOMEMADE GOODNESS FOR HAPPY LUNCHES – SMALL MUFFINS, BIG SMILES!

