

Styrian Muffins



Dessert

Kind of recipe



45 Minutes

Preparation

20 Minutes



middle

Severity



Ingredients for 6 people

240 g flour
2 tsp baking powder
½ tsp salt
90 g sugar
50 ml Styrian Pumpkin Seed Oil P.G.I.
1 egg
125 ml milk
1-3 Tsp chopped Styrian pumpkin seeds

Preparation

Blend the flour, sugar, salt and baking powder in a bowl. Beat the egg in a small mixing bowl and add the milk and Styrian Pumpkin Seed Oil P.G.I.. Make a hollow in the centre of the dry ingredients and add the wet ingredients. Mix together well with the dough scraper. The batter should remain sticky. Fold in the chopped Styrian pumpkin seeds. Spoon the batter into a muffin tin, filling each cup only about 2/3 full. Sprinkle with chopped Styrian pumpkin seeds and bake at 180°C for approximately 20 minutes. Tip: Berries can also be added instead of the chopped Styrian pumpkin seeds. For children's birthday decorate with coloured sugar or chocolate.

**Recipe from Gemeinschaft Steirisches Kürbiskernöl
g.g.A. / Foto: Stefan Kristoferitsch**