

# Golden treasure muffins



Little explorers love to discover new treasure – and inside these muffins they'll find squishy golden nuggets of butternut squash. A sprinkling of thyme gives a tasty, herby twist.

## What you need

400 g/14 oz **butternut squash**, peeled, deseeded and cut into small chunks

4 **unsmoked streaky bacon rashers**, finely chopped

125 g/4½ oz **self-raising white flour**

50 g/1¾ oz **cornmeal**

1 teaspoon **baking powder**

2 teaspoons finely chopped **thyme**

1 **egg**

75 ml/3 fl oz **buttermilk**

3 tablespoons **mild olive oil** or **sunflower oil**

## What to do

- 1 Preheat the oven to 220°C/425°F/ Gas Mark 7. Line a 12-section muffin tin with paper cake cases that measure 9 cm/ 3¾ inches in diameter when flattened out.
- 2 Cook the squash in a saucepan of boiling water for about 10 minutes until softened but not mushy. Drain well and return to the pan. Crush the squash until broken up but not puréed. Leave to cool.
- 3 Heat a dry frying pan and fry the bacon for about 5 minutes until crispy. Transfer to a large bowl and add the flour, cornmeal, baking powder and thyme.
- 4 Beat together the egg, buttermilk and oil in a separate small bowl. Add the egg mixture to the dry ingredients with the squash and mix together until only just combined.
- 5 Divide the mixture evenly among the cake cases and bake in the oven for 15 minutes until slightly risen and pale golden. Transfer the muffins to a wire rack to cool and serve warm or cold. They are best eaten on the day you make them.

## Squish squash

Ask your little helper to squish the cooked butternut squash. If you let it cool down first, they can use their hands for messy foody fun!

Can I help?

## Go veggie!

If you prefer not to use bacon, substitute 50 g/2 oz of grated Cheddar cheese instead.

