* **N****utrition**
  1. **Pumpkin Damper**
* olive oil cooking spray
* 2 cups self-raising flour
* 2 tablespoons finely chopped fresh flat-leaf parsley leaves
* 2 green onions, thinly sliced
* 2 teaspoons fresh thyme leaves finely chopped
* ½ teaspoon of chillie, deseeded, finely chopped
* 1 1/4 cups mashed pumpkin, well drained
* 30g butter melted, cooled

¼ cup grated parmesen

* 1 egg, lightly beaten
* 2 tablespoons milk
* Preheat oven to 190°C/170°C fan-forced. Spray 3 x 12 mini muffin tins with oil, then dust lightly with flour.
* Place flour, parsley, onion, thyme, chillie & grated parmesen in a bowl. Stir to combine. Make a well in the centre, add pumpkin, butter, egg and milk. Stir to combine **(do not over-mix).** Place 1 heap teaspoon in each muffin hole.
* Bake for 15-20 minutes or until a skewer inserted in the centre of the damper comes out clean. Stand in pan for 5 minutes.