



Cheese and Vegetable Muffins

Ingredients

250g grated cheese

2 cups self-raising flour
(alternatively, use plain flour and baking powder - 2 tsp baking powder to 1 cup plain flour)

2 eggs

1½ cups milk

small tin sweetcorn (125g)

½ red pepper

1 handful baby spinach

Salt and pepper to taste

Fresh basil leaves to add to the mix and on top (optional)

Method

1. Preheat oven to 180°C (356°F).
2. Sift flour into a large bowl.
3. Whisk the eggs, then chop the red pepper, spinach (and optional basil).
4. Make a well in the flour then add in the rest of the ingredients.
5. Mix until combined.
6. Spoon into a greased muffin tray (pop a basil leaf on top of each, if desired) and bake for 25 minutes or until the tops are golden brown.

This recipe makes about 14 regular muffins or 12 large ones.

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