

Breakfast Savoury Muffins

Main ingredients:

225g self-raising flour
50ml oil
175ml semi-skimmed milk
1 egg
100g Cheddar cheese
1 courgette (or two medium carrots)

Optional extras (2-3 to suit your preferences)

2-3 rashers of bacon (ideally pre-cooked)
2-3 slices of ham
50g of chorizo *or* pepperoni slices
50g smoked salmon
3-4 button mushrooms
2-3 spring onions
½ pepper
1 fresh chilli or ½ tsp dried flakes
50g mixed seeds
100g spinach



You will need to bring 9-12 muffin cases and a large tub to take the cooked muffins home in.

Method:

1. Preheat the oven to Gas Mark 5, 190°C, fan170°C. Grease and line 9 holes of a deep muffin tin with squares of non-stick baking parchment, or use muffin cases to line them.
2. Sift the flour, baking powder and bicarbonate of soda into a large bowl.
3. Grate the carrots or courgette and add to the bowl. Then, grate the cheese and add ¾ of it to the bowl – the rest can go on top!
4. In a jug, whisk the egg, then add the milk and the oil and mix together before pouring it all in the bowl.
5. Prepare any additional ingredients e.g. chop any veg into small/thin pieces. Add these ingredients to the bowl.
6. Give the ingredients in the bowl a good mix, making sure everything is well combined.
7. Carefully spoon into your muffin cases. Sprinkle remaining cheese on top.
8. Bake for 20-25 minutes, until risen and firm to the touch. Leave to cool for 5 minutes, then turn out onto a wire rack. Serve hot or cold.