

CHEESE, SPINACH AND HERB MUFFINS

Ingredients	Tools and equipment
2 ½ cups Self Raising flour	Muffin tin
1 ¼ cups milk	Mixing bowl
1 egg, lightly beaten	Sifter
90g butter	Jug
½ cup tasty cheese	Spoon
½ tsp salt	Teaspoon
a handful of seasonal herbs	Cooking spray
1 cup fresh spinach	knife

Method

1. Preheat oven to 180°C
2. Thoroughly grease a muffin tin with the cooking spray.
3. Shred and chop the spinach
4. Grate the cheese
5. Sift the flour into a large mixing bowl.
6. Roughly cut the herbs.
7. Add the cheese, spinach, herbs and salt to the flour and combine.
8. Make a well in the centre of the flour mixture.
9. Combine the milk, egg and melted butter in a jug and pour into the flour mixture.
10. **Stir until just combined, do not over mix.**
11. Spoon a teaspoon of mixture into each section of the muffin tray.
12. Bake for approximately 20 minutes.