

VEGETABLE MUFFINS

INGREDIENTS

$\frac{1}{2}$ cup seasonal vegetables (chard, carrot, kale, capsicum)

2 cups self raising flour

1 cup tasty cheese, grated

1 small handful seasonal herbs, finely chopped

2 eggs

$\frac{1}{3}$ cup olive oil

$\frac{1}{2}$ cup milk

METHOD

1. Preheat the oven to 180c.
2. Thoroughly grease the muffin trays.
3. Wash all of the vegetables and seasonal herbs, grate or finely chopped.
4. Grate the cheese.
5. Sift the flour into a large mixing bowl.
6. Beat the eggs into a mixing bowl add the milk and the oil.
7. Add to the flour mixture. Add vegetables, cheese and herbs, mix till combined spoon mixture evenly into muffin tray. Bake for approx 20 mins or until golden.