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Savoury Muffins



Ingredients

300g self raising flour (white, wholemeal or mixed)
0.5 tsp baking powder
100g crumbled feta or Goats cheese
25g crumbled feta or Goats cheese as garnish
150g cooked diced beetroot
2 medium eggs, beaten
210ml milk
90ml vegetable oil (optional)
Salt pepper
Herbs to season (thyme, chives, parsley works well)

Preparation

- 1 Preheat the oven to 200 degrees celsius
- 2 Use a silicon cupped muffin tray or line a metal tray with greaseproof or baking paper
- 3 In a large bowl mix the flour, crumbled cheese and seasonings
- 4 In a jug mix the beetroot, egg, milk and oil
- 5 Gradually pour the wet mixture into the flour mixture, mix until just combined, the less mixing done makes for a lighter texture
- 6 Divide the mixture between the 12 muffin cases/moulds
- 7 Bake for 25-30 minutes
- 8 Remove from oven and leave to cool, they can be eaten warm or cold
- 9 Top with the remaining cheese before serving

Cooks Note

Serves: 12
