



Savoury Muffins*



Ingredients

Makes 12 muffins

200g Self Raising Flour
150ml milk
1 egg
45ml sunflower oil (3 Tbs)
100g grated cheddar cheese
 $\frac{1}{2}$ tsp mustard powder

OPTIONAL: 2 or 3 Tbs of sweet corn or spring onions or sundried tomatoes or a mixture.



Equipment

Weighing scales, mixing bowl, measuring jug, measuring spoons, fork, spatula, grater, 12 muffin cases or silicone moulds, dessert spoon, teaspoon

Method

- 1) Put the oven on at 180°C or Gas mark 5
- 2) Weigh the flour and put in the bowl
- 3) Mix the mustard powder into the flour.
- 4) Grate the cheese into the flour mixture.
- 5) Add the sweet corn, spring onions and sundried tomatoes that you want to use & mix well with the spatula.
- 6) Measure the milk in the jug and add the egg & the oil (Use the measuring spoons to measure the oil).
- 7) Mix the liquid into the dry ingredients and stir with the spatula.
- 8) Use the 2 spoons to half fill the muffin cases & place on a muffin tray.
- 9) Bake for 20-25 minutes until golden & a skewer comes out clean.