




Savoury muffins for Stay at home Superhero's



PREP TIME 30 mins
COOK TIME 20 mins
SERVINGS 12 muffins



Ingredients:

- 2 eggs 
- 175 ml (1/2 cup) milk  1/2 
- 75 g (1/2 cup) butter melted  1/2 
- 150 g (2 cups) grated cheddar cheese   
- 3 tomatoes 
- 75 g fresh baby spinach chopped 
- 250 g (2 cups) self-raising flour   



Method:

1. Preheat the oven to 180C / 170C Fan / 350F



2. Line a muffin tin with cases.



3. Break the eggs into a large mixing bowl. Give them a whisk.



4. Add the milk to the eggs mixture



5. Gently melt the butter on a low heat in the microwave or in a small



6. Add to the melted butter to egg/milk mixture and give a good mix.



7. Add the grated cheese and chopped vegetables to the mixing bowl.



8. Add the flour and mix well until all the ingredients are combined.



9. Spoon the mixture into the muffin cases.





10. Bake the muffins in the oven for 20-25 minutes.

11. They're ready when they are nice and golden in colour and a metal



skewer inserted in to the middle comes out clean.

12. Delicious served warm or chilled. Perfect for the lunchbox or maybe for a fun teddy bears picnic.



In the interest of healthy eating and a balanced diet I thought we'd try a savoury dish this week. So here are some tasty muffins that can be changed to suit your children's tastes- sweet corn, grated carrot, sweet peppers or spring onions will all work well. Cooked meats such as finely chopped ham, bacon or small cubes of chicken will add to the nutritional value, make them more filling and add variety.

*Remember that children (and adults too) shouldn't have any added salt. There is enough salt in the cheese to enhance the flavours. Additional flavours can be achieved by adding a ¼ teaspoon of mild curry powder or garlic powder. Most importantly remember that second to safety the most important thing is for you all to have **fun**. Enjoy. Avril xx*



<https://www.cookingwithmykids.co.uk/savoury-muffins/>