

CHEESE MINI MUFFINS



INGREDIENTS

2 cups self-raising flour
4 tbs almond meal or wheat bran
1 cup grated cheese
1 cup milk
2 eggs, lightly beaten
120g butter, melted

PREPARATION

Have all the ingredients measured and ready to go.
You will need a greased 24 mini muffin pan ready.
Turn on the oven to 200°C

METHOD

1. Combine the flour, almond meal (or wheat bran) and grated cheese.
2. Mix the eggs, milk and melted butter together.

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES: 24 MINI MUFFINS

3. Make a well in the centre of the flour mixture and add the wet mixture.
4. Stir with a wooden spoon until just combined – it will be a thick lumpy mixture.
5. Fill each muffin hole to the top with mixture and place tray in oven for 10-15 mins or until muffins look golden and have risen.
6. When cooked, remove from oven but leave in tray for a few minutes before removing and placing on a cooling rack.
7. Eat warm or cold.

STORAGE, REHEATING & LEFTOVERS

- * Store leftover muffins in an airtight container for tomorrow's lunch/snacks or in a labelled airtight freezer container for another day. Will keep in the freezer for at least up to one month.
- * To reheat, remove from container onto a microwave proof plate. Reheat in the microwave until centre is hot but do be careful as you can overcook them in no time! It's best to let them defrost at room temperature.

VARIATIONS & TIPS

- * The secret to successful muffins is not to over mix the mixture!
- * To make these lovely little muffins into ham and cheese muffins just add 200g ham or bacon (organic or preservative free) and add them to the dry mixture just before combining with the wet.
- * This recipe converts to Gluten Free (GF) very well by just substituting the flour for your favourite GF flour mix or store bought GF flour (see The Food Werewolf Recipe page for GF flour mixes).
- * If using GF flours, these muffins are best eaten or frozen straight away to keep their light fluffiness :-)