Cooking Plan

Cheese & veg muffins (makes 24)



500g Grated Cheese

4 cups Self-raising flour

4 eggs

3 cups of milk

Tin of sweetcorn

Pepper - chopped

2 handfuls of baby spinach

Method

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1. Preheat the oven to 180°C (356°F).
2. Sift flour into a large bowl.
3. Whisk the eggs, then chop the red pepper and spinach
4. Make a well in the flour then add in the rest of the ingredients.
5. Mix until combined.
6. Spoon into a greased muffin tray and bake for 25 minutes or until the tops are golden brown.