

# Seasonal Savoury Muffins

Season: All

Makes: 24 muffins

Fresh from the garden: eggs, seasonal vegetables and herbs (see suggestions below)

### Suggestions by season:

**Spring:** 5 asparagus stalks, chopped into 2-cm lengths and blanched in boiling water for 2 minutes. Mix with finely chopped mint.

**Summer:** 1–2 zucchinis, grated, and 1 handful of basil leaves, finely chopped **Autumn:** 200 g pumpkin cut into 1-cm cubes and roasted for 15 minutes on an oven tray at 180°C, and a small handful of chives, finely chopped

**Winter:** 2 large silverbeet leaves, stems removed, leaves thinly sliced. Sauté in 1 tablespoon of olive oil for 5 minutes. Mix with finely chopped parsley.

## Equipment:

metric measuring cups and spoons clean tea towel chopping board cook's knife grater bowls – 1 large, 1 small fork mixing spoon 2 × 12-hole muffin trays baking paper wire racks serving platters

#### Ingredients:

3 cups self-raising flour
½ tsp salt
¾ cup low-fat natural yoghurt
2 eggs
¾ cup sunflower oil
½ cup grated tasty cheese
1 cup seasonal vegetables
½ cup seasonal herbs

## What to do:

- 1. Preheat the oven to 180°C.
- 2. Prepare all of the ingredients based on the instructions in the ingredients list.
- 3. Add the flour and salt to the large bowl, then create a well in the centre of the flour.
- 4. Combine the yoghurt, eggs and oil in the small bowl with the fork.
- 5. Pour the yoghurt and egg mixture into the flour and gently stir to combine, adding the grated cheese, seasonal vegetables and herbs as you go (don't over-mix).
- 6. Line the muffin holes with baking paper.

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- 7. Spoon the muffin mix into each hole, so they form a mound above the rim of the muffin hole.
- 8. Set aside to rise for 5–10 minutes, then pop into the oven.
- 9. Bake for 20–25 minutes, until firm to touch and golden.
- 10. Cool for 5 minutes before turning out onto wire racks.
- 11. Cut in half and transfer to your platter to serve.

