

Savoury Muffins

Serves: 12 muffins

Source: adapted from Recipetineats.com

Fresh from the garden: spinach, herbs

Equipment:	Ingredients:
Small ceramic bowl	50g butter
12 hole muffin tray	1 clove garlic, crushed
Silicon brush	3 rashers short cut bacon
Small frying pan	2 cups plain flour
2 large mixing bowls	1 1/2 teaspoons baking powder
Whisk	1/2 teaspoon bicarb soda
Sieve	1/2 teaspoon salt
Spatula	1 egg
Grater	1 cup milk
Measuring cups and spoons	1/4 cup yoghurt
Chopping boards	1/3 cup sunflower oil
Knives	1/4 cup chopped herbs
Garlic crusher	Another 1 clove garlic, crushed
Dessert spoons	50g frozen school grown spinach, liquid squeezed out
Cooling rack	100g cheddar cheese
	1/2 cup corn kernels

What to do:

1. Preheat the oven to 180°C, eco fan setting.
2. Put butter and crushed garlic in small ceramic bowl and melt in the microwave. Use the silicon brush to generously butter the muffin holes.
3. Chop bacon into small pieces then fry in a little oil until golden. Set aside.
4. Sift flour, salt, baking powder and bi carb soda into a large bowl.
5. Break egg into the other bowl and whisk. Add milk, yoghurt and sunflower oil and whisk to combine. Add garlic, herbs and chopped spinach and mix with spatula. Pour wet ingredients into dry and mix with spatula until almost combined.
6. Add grated cheese, corn and bacon and mix again briefly. It is important not to overmix otherwise the muffins will be tough.
7. Use 2 spoons to share the batter equally between the muffin holes.
8. Bake for 22-25 minutes until golden and the top bounces back when briefly touched. Cool on rack and brush tops with any remaining melted butter. Delicious eaten warm!

NOTE: If you would prefer to use self raising flour, reduce the amount of baking powder to 1/2 teaspoon, but still add the 1/2 teaspoon bi-carb soda.