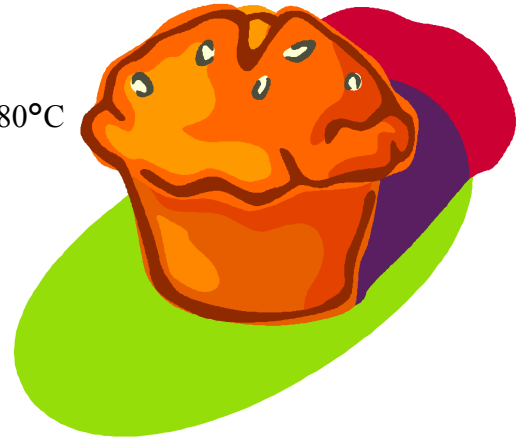


Savoury Muffins

Work in pairs.
Makes 12.
Oven Temperature: 180°C



Ingredients:

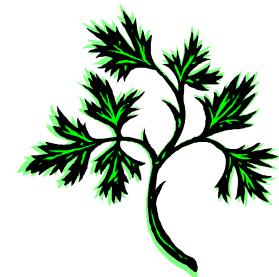
- 2 C (300g) S.R Flour
- ½ C (60g) Ham (finely chopped)
- ½ C (60g) Cheddar Cheese (coarsely grated)
- ¼ C (20g) Mushrooms (finely chopped)
- 1 (150g) Red Capsicum (finely chopped)
- 1 (150g) Green Capsicum (finely chopped)
- 1 T Parsley (finely chopped)
- 125g Butter (melted)
- 1 C (250ml) Milk
- 1 Egg (lightly beaten)



Method:

Grease a 12 hole muffin pan

1. Combine flour, ham, cheese, mushrooms, capsicum and parsley in a large bowl.
2. Combine butter, milk, and egg and mix with dry ingredients - do not over mix!
3. Divide mixture among pan holes.
4. Bake in moderately hot oven for 15 minutes.
5. Turn onto a wire rack to cool



Storage: Covered in refrigerator for up to 2 days

Freeze: Suitable

