

Vegetable and Ham Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 30-35 minutes



½ serve per portion

Ingredients

- 2 large eggs, lightly whisked
- ½ cup milk, reduced fat
- ¼ cup plain Greek yoghurt
- ¼ cup olive oil
- Salt and pepper, to taste
- ½ cup lean ham, diced
- 1 cup cheese, reduced fat, grated
- 2 cups baby spinach, finely chopped
- 1 cup zucchini, grated (squeeze out excess moisture)
- 1 cup corn kernels
- 1 small red capsicum, finely diced
- 2 cups wholemeal flour
- 2 teaspoons baking powder

Method

PREHEAT oven to 180°C and line a 12-hole muffin pan with baking paper.

COMBINE eggs, milk, yoghurt, oil and salt and pepper in a large bowl.

ADD in ham, cheese and prepared vegetables and mix well.

MIX flour and baking powder together then fold through the wet ingredients. Be careful not to over-mix – the mixture should be quite dry and textured, about 10 folds with your spoon should be enough.

SPOON mixture into muffin tray and bake for 30-35 minutes or until a skewer inserted into the centre of a muffin comes out clean.

TRANSFER to a wire rack and allow to cool slightly.

SERVE hot or cold.



Everyday Food

Recipe courtesy of the Country Kitchens team