

Seasonal savoury muffins

A tasty treat for your lunchbox.

Makes: 12 muffins

Seasonal suggestions

Spring

asparagus, peas, carrots, mint, spring onions

Summer

zucchini, tomato, corn, capsicum, basil

Autumn

pumpkin, beetroot, sweet potato, caramelised onion, chives, parsley

Winter

silverbeet, kale, potato, broccoli, cauliflower, rosemary

Equipment:

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

Ingredients:

- 360 g self-raising flour
- 1 tsp salt
- 300 g Greek style yoghurt
- 2 eggs
- 150 ml sunflower oil
- 120 g cheese, grated
- 1 cup of seasonal vegetables, finely chopped or grated
- ½ cup of seasonal herbs, finely chopped



1. Preheat the oven to 180°C.
2. Add the flour and salt to a large bowl, then create a well in the centre of the flour.
3. Combine the yoghurt, eggs and oil in a bowl with a whisk.
4. 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).
5. Line the muffin holes in a muffin tray with baking paper or muffin wrappers.
6. Bake for 20–25 minutes, until firm to touch and golden. Cool for 5 minutes before turning out onto a wire rack.
7. Cooked muffins can be stored in an airtight container for three days, or stored in the freezer for up to three months.