



Berry Cottage Cheese Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 12:

- 150g mixed berries
- 300g plain flour
- 250ml skimmed milk
- 175g caster sugar
- 125g low fat cottage cheese
- 4 tbsp grapeseed oil
- 2 eggs, slightly beaten
- 1 tbsp baking powder
- Bit of salt
- 6 tbsp flaked almonds (optional)

Instructions

1. Sieve the flour and baking powder into a bowl, then mix in the sugar and salt.
 2. In another bowl, whisk the egg, milk, cheese and oil until smooth.
 3. Stir in the flour mixture until almost combined, then gently fold in the berries.
 4. Spoon into a lined muffin tray, topping with the flaked almonds if desired. Bake at 175 degrees C for 20-25 minutes.
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