



Bacon and Broccoli Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 12:

225g self raising flour
175ml skimmed milk
100g cooked broccoli
3-4 cooked, rindless back bacon, chopped
75g mild cheese
50ml olive oil
2 tsp wholegrain mustard
1 beaten egg

Instructions

- 1) Mash or blend the broccoli in a bowl.
- 2) Sift in the flour with a pinch of salt. Add the cheese.
- 3) In another bowl, mix the rest of the ingredients.
- 4) Slowly add the liquid to your veg mixture and mix well.
- 5) Spoon into greased muffin moulds halfway, then bake at 200 degrees C for about 25 minutes.