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.