



Ham & Cheese Savoury Muffins

Ingredients:

- 225g self-raising flour
- 160g mature cheddar
- 50g ham slices
- 175ml milk
- 1 egg
- 50ml olive oil + extra for brushing

Method:

Preheat the oven to 200°C (Gas mark 6/400°F). Lightly brush 10 moulds of a 12 hole muffin tin with a little oil.

Measure out and sift the flour into a large mixing bowl.

Grate the cheese, then set aside 40g.

Roughly chop the ham and add to the flour along with the remaining 120g of grated cheese.

Mix with a wooden spoon to combine.

In a separate bowl, whisk together the milk, egg and olive oil.

Add this wet mixture to the dry ingredients and stir until completely combined.

Using a cupcake scoop or large spoon, divide the mixture between the 10 oiled muffin tin holes.

Top each muffin with the remaining grated cheese.

Bake for around 20 minutes in the preheated oven until cooked through and golden brown.

Serve warm, or cool completely on a wire rack ready to pack in lunch boxes.