

Artichoke & Sun-Dried Tomato Muffins with Pine Nuts



R & J Mazza
GLOBE ARTICHOKES

Ingredients

Dry Mix

2 cups plain flour
½ cup bran flakes
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
1 teaspoon salt
Cracked pepper to taste

Wet Mix

1 tablespoon vegetable oil
1 small onion, chopped
3 eggs, lightly beaten
¼ cup sunflower oil
½ cup parmesan cheese, grated
1 cup milk
150g artichokes hearts, chopped
½ cup sun-dried tomatoes, chopped
3 tablespoons pine nuts, toasted
¼ cup basil leaves, torn



How to Prepare

1. Preheat oven to 200°C.
2. Heat oil, add onion and sauté. Remove from heat and cool.
3. Place wet mix in a medium bowl including onion and mix well.
4. Place dry mix in a large bowl and mix well.
5. Make a well in the centre of the dry mix. Add wet mix and stir well.
6. Place mixture in muffin tins.
7. Bake in oven for 25-30 minutes or until golden.

Makes 12 large muffins

