

Artichoke, Baby Spinach & Feta Cheese Muffins



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

3 spring onions, chopped
1 cup baby spinach, (tightly packed)
3 eggs, lightly beaten
¼ cup sunflower oil
½ cup parmesan cheese, grated
1 cup buttermilk
150g artichokes hearts, chopped
2 tablespoons parsley, chopped



How to Prepare

1. Preheat oven to 200°C.
2. Place wet mix in a medium bowl and mix well.
3. Place dry mix in a large bowl and mix well.
4. Make a well in the centre of the dry mix. Add wet mix and stir well.
5. Place mixture in muffin tins.
6. Bake in oven for 25-30 minutes or until golden.

Makes 12 large muffins

