



## Ingredients

### Dry Mix

2 cups self raising flour  
1 teaspoon salt  
Pinch of chilli or cayenne,

### Wet Mix

½ cup artichoke hearts, chopped  
3 spring onions, chopped  
1 egg, lightly beaten  
2 tablespoons sunflower oil  
¾ cup parmesan cheese, grated  
½ cup milk  
1 teaspoon dried mixed herbs  
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 make a well in the centre. Add wet mix and stir well.
4. Place mixture in muffin tins.
5. Bake in oven for 25-30 minutes or until golden.



**Makes 12 large muffins**

