



# BREAKFAST VEGGIE MUFFINS

## INGREDIENTS

- 80g butter/margarine
- 250g self raising flour
- 2 tsps. baking powder
- 200g natural yoghurt
- 50ml milk
- 1 large egg
- 1 tsp ground coriander
- 1 tsp garlic powder
- Cracked black pepper to taste
- 1 tsp chia seeds

### FOR THE ROASTED VEG

- 1 tsp olive oil
- 1 red pepper
- 1 yellow pepper
- 2 celery sticks
- 1 red onion
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## DIRECTIONS

- 1) First of all, its time to prep your roasted veg. This can be done a few days in advance or a few hours before, as the roasted veggies need to be cool once you've put them in the muffin mix. Simply chop the veg, drizzle in olive oil and either pan fry for 15 minutes, or roast in the oven for 30 minutes – it's up to you!
- 2) Time to prepare your muffin mix. Melt the butter in a mixing bowl in the microwave for a minute.
- 3) Add your dry ingredients (flour, baking powder, coriander, garlic powder and black pepper) to the butter and mix. Don't worry, this is supposed to be lumpy.
- 4) Now to beat in the egg and the milk – your mix should start to form a paste. You don't want to mix it much more than this as it overworks the batter, and your muffin won't be as fluffy.
- 5) Fold in the yoghurt until evenly spread throughout the batter
- 6) Time for the chia seeds! These are an excellent little addition to make the muffins pop, but if you're worried about your little ones eating seeds, you can leave them out.
- 7) Now time for the veg – fold it in carefully, making sure not to get any excess juices into the mix if possible. If your mix looks a little too shiny, add in an extra tbsp of flour to balance it out.
- 8) Now bake! Evenly distribute the mix into 8 muffin cases and bake in the oven at gas mark 6/200c for 25-30 minutes or until golden brown.
- 9) And voila! Serve with some fresh yoghurt or grab and go for both a busy morning or a chilled out breakfast.