



Bacon and butternut muffins

Servings: 4

Prep Time: 10min

Cook Time: 35min

Ingredients

- 1 small butternut, peeled and diced
- 15 ml olive oil
- 100 g bacon, crisply fried
- 100 g Cheddar cheese, grated
- 10 g fresh parsley, chopped
- 3 eggs
- 250 ml milk
- 250 ml cake flour
- 250 ml whole wheat flour
- 20 ml baking powder
- pinch of salt

Directions

1. Preheat the oven to 200 °C.
2. Grease a baking sheet with non-stick spray. Grease 12 muffin tin hollows well with non-stick spray.
3. 1. Spread out the butternut on the prepared baking sheet. Drizzle the oil over and roast for 15 minutes or until soft.
4. 2. Transfer to a mixing bowl. Add the bacon, cheese and parsley and mix lightly.
5. 3. Whisk the eggs and milk together. Pour into the butternut mixture. Mix through.
6. 4. Add the rest of the ingredients and stir until just mixed. Divide the mixture among the muffin tin hollows and bake for 15-20 minutes or until done.