Sweet Muffins:

150g Self Raising Flour

1 teaspoon Baking Powder

100g Cheddar Cheese

1 Tablespoon Chopped Parsley

2 Tablespoons Spring Onions

1 Egg

175ml Milk

50g Margarine

1. Preheat the oven to Gas Mark 4, 180C.
2. Set muffin cases in a muffin tin.
3. Sift the flour and baking powder into a mixing bowl.
4. Add the cheese, parsley and spring onions to the bowl.
5. In a small bowl, beat the egg, whisk in the milk and melted margarine. Pour into the flour mixture.
6. Stir just enough to blend them together, there may be lumps. DO NOT OVER MIX!
7. Spoon the batter into the muffin cases, filling them about ¾ full. This mixture should make around 6 large muffins.
8. Bake for around 30 minutes until golden brown.
9. Allow to cool before turning out of the muffin tin onto a cooling rack.

Try any vegetables you like, courgettes, sweetcorn or carrots taste good.

You can use nuts and seeds to make a crunchy top.

Sprinkle some parmesan cheese on top for an extra cheesy treat!