

Rhubarb & Mango Savoury Muffins

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Makes 12

INGREDIENTS

- 235g plain flour
- 250g grated cheddar cheese
- 2 tsp baking powder
- 2 tsp caster sugar
- 1 tsp salt
- 1 tsp poppy seeds
- 90ml vegetable oil
- 120ml full fat milk
- 1 large egg
- 150g Rhubarb & Mango chutney (I used Annabel's Deliciously British [here](#))

Topping

- 85g grated cheese
- 1 tsp poppy seeds to sprinkle

METHOD

1. Heat the oven to 170 degrees fan and pop 12 muffin cases into a muffin tray
2. In a large bowl combine all the dry ingredients excluding the cheese and mix thoroughly, add the grated cheese and mix again
3. In a smaller bowl combine the oil, milk, egg and chutney

and mix until all combined

4. Pour the wet ingredients into the dry and mix until just combined, do not overwork

5. Spoon evenly between the 12 muffin cases and top with the remaining cheese and poppy seeds

6. Bake on the middle shelf for 20-22mins (check a skewer comes out clean), then remove from the oven to a wire rack

7. These can either be served warm or cold. If not eating straight from being cooked then I highly recommend warming in the microwave for 30 seconds before serving – absolutely delicious!



ENJOY! If you opt for Rhubarb & Mango Savoury Muffins, please do share a picture!

Apple, chocolate and cinnamon

oat muffins

Apple, chocolate and cinnamon oat muffins

Alfie and Henry absolutely love muffins, and these are a nice alternative to a usual muffin with the oats and the apple, practically classes as one of your five a day! The simplest recipe and no equipment required; it can be all done by hand with just a whisk and a couple of bowls.

INGREDIENTS

1 1/2 cups plain flour
1 cup of quick cooking oats
2 teaspoons baking powder
Pinch of salt
1/2 teaspoon ground cinnamon
125g dark chocolate chips
3/4 cup of golden caster sugar
2 large eggs
250g unsalted butter, melted and cooled
170g natural yoghurt (I used a small pot of Fage yoghurt)
2 Apples, peeled, cored and chopped into pieces
Cinnamon sugar for the topping (this is optional, I use 3 parts caster sugar to 1 part ground cinnamon)

METHOD

1. Preheat oven to 180 degrees (Fan). Line a standard 12-cup muffin tin with muffin cases.
2. Whisk together flour, oats, baking powder, salt, and cinnamon.

3. In a separate bowl, whisk together sugar, eggs, butter, and yoghurt. Mix the wet ingredients into dry ingredients, then stir in apple and the dark chocolate chunks
4. Divide between the 12 cases and bake on the middle shelf of your oven for 15-20 mins until turning golden brown on the top and cooked through.
5. Cool in the tray for 10 minutes, then put on to a cooling rack to cool completely. These are delicious warm, so definitely try some after the initial 10 minutes cooling!
6. Store in an airtight container.



ENJOY! If you opt for Apple, chocolate and cinnamon oat muffins, please do share a picture!