

Easy Breakfast Muffins

Recipe for approximately 6 portions (which should last all week)

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Core ingredients

- 100ml fat free natural yogurt
- 100ml semi-skimmed milk
- 2 eggs
- 85ml sunflower oil
- 5g of bicarbonate of soda
- 250g self-raising flour
- Salt and pepper to taste

Other ingredients ideas - mix and match based on taste preference (optional)

- 4 rashers of lean bacon
- 50g peas/sweetcorn/mushroom
- 50g feta
- 50g spinach
- Handful cherry tomatoes (quartered)
- 3 spring onions (chopped)

Method

Preheat the oven at 200C or gas mark 6

In a bowl mix together all of the core ingredients until smooth

Then add any of the additional ingredients you choose to the bowl.

If using bacon, grill first for 10 minutes and then chop before putting into the bowl.

Put paper cases into a muffin tin and then equally spoon the completed mixture into the cases.

Bake in the oven for 15-18 minutes and leave to cool.

You can eat these warm, or you can make them in batch and enjoy taking them with you to work each day.

Why not try spinach and feta or bacon and mushroom flavoured muffins?

You could even add fresh chilli or chili flakes to add some spice!