



Wholemeal ham and cheese muffins

These tasty muffins are great for the lunchbox or as a healthy snack.



Time to prepare: 10 minutes



Time to cook: 25 minutes



Serves 12

Ingredients

- 1 2/3 cups wholemeal flour
- 2 teaspoons baking powder
- 1/2 cup grated cheese
- 50 grams shaved ham, diced
- 1 egg
- 1/4 cup oil

- 2/3 cup milk

Method

1. Heat oven to 180 degrees and lightly grease a 12-pan muffin tin.
2. Combine the flour, baking powder, grated cheese and ham in a medium-sized bowl.
3. In a separate bowl, combine the egg, oil and milk.
4. Add the wet ingredients into the dry and mix until just combined. Try not to over-mix or your muffins will be tough.
5. Spoon mixture evenly into muffin tins.
6. Bake for 20 minutes or until golden brown and cooked through.

Notes

You might also like...

Eat leftovers for lunch

Leftovers from dinner are the perfect, easy lunch - saving you money and time. Dinner leftovers often taste better the next day too!



Pita bread pizzas

Quick, easy and tasty either hot or cold. Made the night before, these are perfect for the lunchbox.

[\(/eat/recipes/pita-bread-pizzas\)](/eat/recipes/pita-bread-pizzas)



Pizza torpedoes

These are a great addition to any lunchbox or a tasty treat at children's parties and family get-togethers. Toppings can easily be changed to suit. Get the kids to help grate and spread toppings - or even design their own unique topping combinations.

(/eat/recipes/pizza-torpedoes)