Three-colour muffins

These yummy muffins are yellow, green and red because they're made with cheese, spinach and red pepper.

Makes 8

Ingredients

a little cooking oil
125g (4½oz) cheddar cheese
50g (2oz) baby spinach leaves
½ a red pepper
175g (6oz) self-raising flour
1 teaspoon of baking powder
¼ teaspoon of ground nutmeg
a pinch of black pepper
150ml (5floz or ¼ pint) milk
1 medium egg

You will also need a 12-hole deep muffin tin.

1 Heat the oven to 180°C (160°C for fan ovens) or gas mark 4. Use a paper towel to wipe a little oil inside eight holes of the muffin tray.

2 Grate the cheese on the big holes of a grater.

3 Use scissors to snip the spinach leaves into small pieces. Throw away the stalks.

4 Follow the instructions on page 11 to prepare the pepper. Then, tear it into small pieces.

5 Sift the flour and baking powder into a big bowl. Add the nutmeg and pepper. Mix well.

6 Crack the egg sharply on the rim of a bowl. Push your thumbs into the crack. Pull the shell apart so the contents slide into the bowl.

USBORNE

Three-colour muffins

7 Put the milk in a jug. Add the egg. Mix well with a fork or whisk. Pour the mixture into the bowl.

8 Use a fork to mix everything together, until there are no pockets of flour left. It's fine if it looks lumpy.

9 Stir in the cheese, spinach and red pepper. It may look as if there's not enough flour mixture, but don't worry.
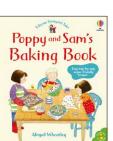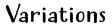
10 Spoon the mixture into the oiled holes of the muffin tin. Bake for 20-25 minutes until risen and golden.

11 Put the tin on a wire rack. Leave to cool completely. Then, turn it upside down and shake the muffins out.

Find more recipes in Poppy and Sam's Baking Book

Variations

You could replace the pepper or spinach with the following ingredients:

4 tablespoons of drained canned sweetcorn

8 sun-dried tomatoes cut into small pieces using scissors

50g (2oz) cooked broccoli, broken into small pieces

You could replace the cheddar with 100g (4oz) feta cheese, crumbled into small pieces, or with 75g (3oz) vegan 'cheese'.

USBORNE