

Corn and Spinach Muffins

Ingredients

dry ingredients

- 1 cup self raising flour
- ½ cup frozen corn kernels (straight from the freezer)
- ½ cup spinach (again, from the freezer, but you'll need to defrost so you can mix)
- ½ cup grated cheese
- small handful of chopped sun dried tomatoes
- salt & pepper to taste
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wet ingredients

- 1 egg, beaten
- ½ cup plain yoghurt
- ¼ cup light olive oil
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Instructions

1. Preheat the oven to 180° fan and lightly grease your muffin pan.
2. Mix the dry ingredients and wet ingredients in separate bowls and then mix the wet ingredients into the dry.
3. Don't over work - mix until they are just combined.
4. Spoon into the muffin tray and bake for 15-20 minutes, or until golden.

<http://eatingadelaide.com/corn-spinach-muffins/>