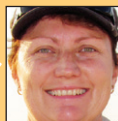




Recipe



by MELISSA FROHLOFF

Sweet chilli and capsicum mini muffins

Ingredients

- 1 1/4 cups self-raising flour
- 1/2 cup grated tasty cheese
- 125g corn kernels, drained
- 1/4 medium red capsicum, finely chopped
- 1/2 cup milk
- 1 egg lightly beaten
- 1/4 cup sweet chilli sauce
- 50g butter, melted
- 1/3 cup finely grated parmesan cheese
- 150g finely diced bacon

Method

1. Combine flour, tasty cheese, corn, capsicum and bacon in a large mixing bowl.
2. Whisk milk, egg, sweet chilli sauce and butter. Make a well in the centre of dry ingredients. Pour in milk mixture and stir until combined.
3. Spoon the mixture evenly into mini muffin trays.
4. Sprinkle tops with parmesan.
5. Cook in a hot oven (200C) for 12 minutes or until cooked.
6. Stand in muffin tray for 10 minutes before serving.

Makes 24 mini muffins.

Tip

This recipe takes 15 minutes to prepare and is a great back to school filler for the lunchbox.