



Summer Harvest Muffins

Ingredients

- 1 cup of SR flour
- 1 cup of corn kernels
- 1 cup baby spinach leaves roughly chopped
- 1 cup grated cheese + extra grated cheese for top
- 2 medium tomatoes
- 1 ½ cups zucchini grated
- 2 eggs
- ½ cup olive oil
- 1 cup sour cream
- 24 patty pans

Method

1. Pre heat oven to 180 degrees
2. Place patty pans in 2 muffin trays
3. In a large bowl mix flour, corn, spinach, cheese, tomatoes and zucchini
4. In separate bowl mix eggs, sour cream and oil and pour over dry ingredients
5. Spoon mixture into patty pan and sprinkle with extra cheese
6. Bake for 18-20 minutes until slightly golden