

Tumbly Breakfast Muffins (makes 12)



INGREDIENTS

- ★ ½ cup polenta
- ★ Couple of slices of ham finely chopped
- ★ ½ cup spring onions finely chopped
- ★ 1½ cup self-raising flour
- ★ 1 Tbsp caster sugar
- ★ 1 can corn kernels, drained
- ★ ½ can (of 410 gms can) creamed corn
- ★ 100 grams butter, melted
- ★ 2 eggs, lightly beaten
- ★ Handful-grated cheese
- ★ ½ cup milk



METHOD - Have a blast making these tasty muffins for breakfast – great for a lunchbox filler too!

1. Preheat oven to 180°C. Grease muffin tins.
2. Mix polenta and milk in a small bowl and let sit for 20 minutes.
3. In a large bowl, mix flour and sugar, stir in corn (both kinds) ham and spring onions.
4. Add melted butter, egg and polenta mixture. Mix – but don't over mix!
5. Spoon a bit of mixture into the muffin hole, sprinkle cheese on top, then add more mixture until muffin hole $\frac{3}{4}$ full.
6. Bake for 20 minutes.