

Ingredients (makes 12)

- 1 cup reduced fat cottage cheese
- ½ cup reduced fat parmesan cheese
- ½ cup wholemeal flour
- ½ cup plain flour
- ¼ cup almond meal
- 1 tsp baking powder
- ¼ sundried tomatoes, finely chopped
- ½ cup fresh basil, finely chopped
- ½ cup water
- 4 eggs, lightly beaten



Involving the Children:

Kids can assist with spooning the mixture into the cases.

Make sure they wash their hands first.

Equipment

- 12 cup muffin tin
- Mixing bowl
- Wooden spoon
- Muffin cases (if desired)

Method:

1. Preheat oven to 200°C. Grease or line muffin tray with paper cases
2. In a bowl, combine all the ingredients and mix well
3. Spoon the mixture into the muffin trays
4. Bake for 30-35 minutes or until golden brown and serve warm